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FIVE-STAR STARTERS

Top picks from our Party Starters Recipe Contest

page 16

Hearty Handfuls
Meals in a muffin
for on-the-go kids
page 10

Quick Change Artists
Make these tasty dishes
vegetarian – or not
page 24

Kitchen Magicians
Pudding cakes make
their own topping
page 30

PARTY STARTERS
WINNERS
RECIPE CONTEST





Did You Know Stress Can Weaken Your Body's Defenses?

Keeping up with life's busy schedule can be stressful. Taking care of our kids, working hard, squeezing in time for friends, and managing our finances—all this makes us feel run down and can weaken our body's defenses.

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FRESH FORUM



"Molly said, 'Take our picture, Mommy!' She and her sister Maggie love to come to Hannaford with me."

My two daughters and I spent the weekend trying an album of your "Greatest Good Time" songs from the September/October 1988 issue of *jazz!* We especially loved the gregorian chant segment. While doing our weekly shopping, I ran into some of the cast and had no problem singing at the top with my daughters. As I was struggling down the dairy aisle with the exploding can, Molly Lugi, 14 and "Take our picture, Mommy!" She said her mother Marjorie, 20, lived in Hawaii and was

БИБЛІОГРАФІЯ

We'd Love to Hear from You!
Please send your comments.

investigations, and military responses to investigations funded for £2000 of their subsequent IPO fees (2005 Precept, section 10(1)(d)). The sums to indicate prior offence address, and they may be subject to length and clarity, to be assessed as Harrietman allows. Visit www.lawsonandco.com and click on the Contact Us box on the top of the page down scroll to Enquiries, or call 0800 200 0003.

I used to make the Chocolate Peppermint Trifle Bar with Chocolate Caramel Crust featured in the November/December 2008 issue. Could you please tell me what kind of chocolate wafers/crackers you have in mind? I have two magazines and one many of the recipes I like some new favorites from the past issue. (September 2007) and I made the Maple Pecan Pie bar with Cinnamon Shortbread Crust (November/December 2008) for Thanksgiving — it was wonderful! Please keep publishing the magazine!

第 1 页

Edna We're glad you're enjoying health magazine. Party much any time—no opposition! The right chocolate cookies could work in this regard. Nutritive studies, a review of chocolate cookies called *Particular Chocolate Delights*, but by bypassing melting because flexibility is the feature of these two recipes with round cracks they can try different kinds of creams and create your own flavor cookies. The Chocolate Peppermint Truffles can even be made with chocolate sandwich cookies (such as Oreo), cream filling and all if you wanted that variety. Finally, many about... just about... hundreds of them!

I am an avid shopper at Whole Foods because I have so much time and money to adapt to my needs. I have to be glucose-free and macrobiotic, which means that I have to avoid a lot of items in shopping, and preparing my meals. Fresh magazine is a highlight of my weekend planning. I'd like to suggest that every week, you do such a limited recipe so as to cut back stock all the ingredients there. Many recipes expect special items not normally stocked by the average household, and too many items force us to shop with convenience in mind, because of little time for food preparation. Keep up the good work!

BRUNNEN

Beth: Thanks for your counter-clock for simplifying planning and shopping. We're always looking for ways to make it easier for readers in my own classes.

BRUNNEN

Homemade Chicken Egg Roll	\$ 18
Chicken Teriyaki Plate Special	\$ 20
BBQ-Claw Dip	\$ 25
Calzone (medium) \$14	\$ 14
Homemade Chicken & Fries	\$ 20

Cheese Sables	\$ 1.25
Original Roasted Berry Cheesecake Sprellie	\$ 1.25
Savory Sea Bass Tomato Fritters	\$ 1.25
Creamed Salmon and Cilantro Bisqueletta	\$ 1.25
Sugary Sweet Bites	\$ 1.25
Fluffy Little Omelets with Ham and Cheddar Jack	\$ 1.25

LEADER

1/2 cup dried Okra, rinsed	p. 14
1/2 cup Bean Chopped, canned	p. 29
1/2 onion, finely chopped	p. 12
1/2 cup Lettuce, shredded	p. 12
1/2 Chicken and Rice, ready-to-serve	p. 8
1/2 cup dried Vegetable Style Noodles	p. 28
1/2 cup Tomato, sliced and Canned, No Salt	p. 42
1/2 cup Fresh Cereals with Honeyed-Brown Sugar	p. 22
1/2 cup, in Canned Muffins	p. 22
1/2 cup Flour-Orange Slicing Rice Pudding	p. 42
1/2 cup Tomato Vegetable Milk Pie with Onionsauce	p. 42
1/2 cup Pepper and Apple Roasted Oranges	p. 13
1/2 cup with Chorizo, Asparagus and Sausage, Chopped, Sliced	p. 29
1/2 cup Shepherd's Pie	p. 29
1/2 cup Tomato Ch. Soups and Cereals	p. 16
1/2 cup Onion Chow Mein Noodles	p. 8
1/2 cup Peanut Butter, Ready-to-Serve	p. 42

• 100 •

White chocolate Pudding Cake	g. 100
Chocolate Pudding (Sandwich Cake)	g. 100
Orange Biscuit Pudding Cake	g. 100
Strawberry Brownie Pudding Cake	g. 100
Whole Cooked Fruit Selection	g. 100
Energy Bars	g. 100

features

16

WINNING WELCOMES

Fresh reveals winners of the
Party Planning Contest
By Michael Miller



16

THE OPTIONAL VEGETARIAN

Make flavorful dishes for both the
meat lovers and vegetarians in your house
By Dorothy Kalin

30

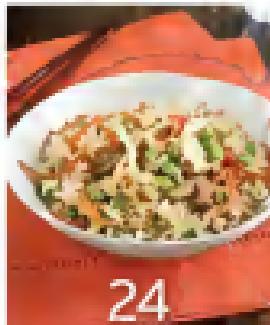
THE PUDDING IS IN THE PUDDING CAKE

It's a cake! It's pudding! It's—both!
These simple cakes are inexpensive
and can dress up the clearest
By Charlene Krempler

40

MEALS IN MINUTES: WOK THIS WAY

Use the Asian technique of rapid
cooking for easy meals in a flash
By Julie Morrison



24

departments

5 FOOD FOR THOUGHT

Taste of Inspiration® author Susan
and Leslie covering chicken and
ingredient ladder motto

9 ASK THE EXPERT

Fresh nutritionist Kathy Frederik explains
how to stay smart while trying new dishes,
incorporating better foods into your diet,
and keeping your kids energized and
healthy

10 COOKING WITH KIDS

Children will enjoy making—and eating—
these easy-to-assemble healthy meals

13 INSPIRATIONS

Easy-peasy chicken pot pie creates focus
with Inspiration products

36 FOR YOUR HEALTH

Lunch, which foods offer needed energy
without weighing you down throughout
the day

INSPIRE ISSUE: Inspiration Around the World with
Village Foods' global ingredients. Don't miss our
photos, Germany page 14, and Canada sidebar.



39

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ON THE COVER: Mexican tortilla
See page 20 for the recipe.
Photograph by Keller + Keller

**Taste of the Tropics**

There's no subtlety to tropical fruit — it's bold, tart, velvety, sweet and juicy. Tropical fruits are meant to be enjoyed in many different ways, like pure purple or even yellow-orange purees or frost — taste the wrinkled, slightly soft skin of this papaya and you'll wish this salsa resulted in a smooth fruit inside that's great to dessert and cocktails. Add egg-whipped fruit custard that's packed full of tropical fruit flavor. Enjoy this tart and juicy mixture at the breakfast table, or use it as a preserve dressing and dessert. For more inspiring ideas and recipes, check out our Tropical Fruits department.

**Sophisticated Soda**

The attractive faceted bottle is only one aspect of these elixirs of innovation. Open the contents, and you'll never guess what's inside! Sip the contents, and you'll never guess what's inside! Made in France, this fizzy drink is sweetened with pure cane sugar — with lime syrup — and flavored with dried fruit juice from limes, lemons, and oranges. Try Sparkling Blood Orange, French Limeade, or French Limeade with a spritz of fresh berries. For an extra special treat, add it to a glass of sparkling wine. Strawberry Elderberry or Raspberry Syrup.

Simmer Sauces Make the Meal



Many of your newest kitchen essentials in revised ease. That's right: simmer sauces can turn your favorite cut of meat or chicken — or seafood or tofu — into a delicious entree. Just add the sauce to the pan and bring it to a gentle simmer. Then sit back and enjoy the amazing, aromatic and complex flavors. And you can use these versatile sauces for much more than just simmering. Top them on a sandwich before grilling or broiling — French Onion, Bacon and Bacon make aasty sandwich for chicken or beef steaks. Or use them as a finishing sauce — like Sweet & Cream Tomato sauce with loads of habanero pepper and key lime, in a great marinade with grilled shrimp. You can also add a spoonful or two of sauce over rice or sautéed vegetables for a quick flavor boost. The flavors of tomato, apricot and juicy onions in Mediterranean simmer sauce are a snap-up and flavorful marinade for better no-baked pastries. Once you start drinking elixirs, inspiration comes easier — so consider as well as always, you'll find many ways to use each of the six intriguing flavors. Mediterranean, Sweet & Cream Tomato, French Dijon, The Curry and Caribbean Mayo.



[HEALTHY HANNAFORD]

Chilled Ready Meals

Hannaford has launched a new-and-exciting range of 14 great-tasting chilled and ready meals that deliver convenience and healthy eating on-the-go at home or at work. Many will give you more protein, fiber and calcium, and the printed calorie counts have already been calculated for you. They're also low in sodium and made with fresh vegetables.

The wide variety of meals ranges from Lasagna and Roast Turkey and Stuffing to Shrimp Fried Rice and Chicken Enchiladas. New vegetable options such as Three Cheese Spaghetti are also offered.

These low-fat, low-carbohydrate meals make eating local by both quick and easy and are available in the "heat-to-go" section of your local Hannaford store.

Engage with our chilled ready meals – it's time to eat easy!



When it comes to healthy supermarket, Hannaford makes it the easy choice!



Health Magazine Salutes Hannaford

Shape Magazine recently named us chosen for the top 10 healthiest supermarket in the country. Management was ranked number five. We earned points for being the largest certified organic supermarket in the region and for expanding our produce offerings with more local and organic choices. We've also prioritized the Quality Stars program and our love and commitment to fresher and healthy store items,

Nutrition Goes National

It's National Nutrition Month. A great time to refocus on healthy eating. This year's theme is Eat Right, a reminder to choose foods that do your body good. Try these tips to succeed and beyond:

- Start with the stars. Our Quality Star program means it's easy to find the most nutritious foods in the store. Plus, the better Look for Quality Stars label throughout the store.
- Engage the produce department. It's your best source source when it comes to eating well.
- Go for darker fruits. Choose and standardize one good choice, like berries or strawberries instead of carrots or fruit.
- Moderate meals. A varied diet now and then is fine, but don't make it a habit.
- Fill up on fiber. Fiber-rich foods like beans, rice and veggies are both filling and heart healthy.
- Remember, dietitians have to meet standards. Learn how easy it is to eat largely healthy grocery shopping and good for you.



[INGREDIENT INSIDER: MATZO]

By Kelly DiPietro

Matzo is a bagel. It's eaten traditionally over Passover, which commemorates the Exodus of the Israelites from Egypt. In those days, there was no time for bread to rise, so matzo made without yeast symbolizes that journey in freedom. Topically, matzo works especially well with dips. Use ground matzo instead of crushed crackers and water biscuits.

SWISS CHARD-MATZO TORTA

SERVES 4

ACTIVE: 1 HR.; TOTAL: 10 HRS. (INCLUDES SOAKING)

A surprisingly easy vegetable casserole between a Greek spanakopita and an Italian lasagna, this versatile torta can be served hot or at room temperature. Recipe may be doubled and baked in a 9-by-12-inch pan. May be frozen.

- 1 lb. swiss chard
- 1 medium Spanish onion, finely-chopped
- 1/2 lb. matzo
- 2 garlic cloves, minced
- 1 small bunch Swiss chard
- 1/2 cup part-skim ricotta cheese
- 2 eggs
- 1/2 tsp. salt

- 1 white onion, sliced
- 1/2 cup crumbled feta cheese
1. Preheat oven to 400°F. Lightly grease an 8-by-8-inch pan.
2. Heat oil in a nonstick skillet over medium-high heat. Add onions and garlic and cook until golden, stirring occasionally about 2 minutes.
3. While onions cook, prepare Swiss chard. Rinse thoroughly then cut leaves from stems (some discarded stems). Finely chop leaves so you get about 4 cups, loosely packed. Add to onions and continue to cook for 4 minutes until volume of leaves is reduced by half. Chard will be limp and bright green. Remove from heat and cool for a few minutes.
4. Place ricotta, eggs and salt in a small bowl and mix to combine; stir in chard until well distributed.
5. Place 3 leaves of bacon prepared prior to step 4 on top of the Swiss chard mixture. Top with second bacon leaflet. There should be about 1/4 cup of the chard mixture remaining. Top with third matzo and spread remaining 1/4 cup chard mixture on top; then, sprinkle with feta cheese.



6. Bake in 400°F oven, just golden, about 30 minutes. May be made in advance and refrigerated for up to 2 days; then reheat.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
DINNER: 342 CALORIES; 14G PROTEIN;
10G FAT (4G SATURATED); 14MG CHOLESTEROL;
360MG SODIUM; 20 FIBER



[TECHNIQUE] CARVING A WHOLE CHICKEN

After you have first successfully snatched skinning out of the oven, it's important to let it rest, breast up, for about 15 minutes to allow the juices to settle (breast up, because the fat will keep it from cooking too much). See "Roasted Chicken" on page 13 for a moist chicken every time. After carving, meat will be a sturdy meat texture; choose a sharp server or chef's knife. Here's how to tackle the bird:

1. Remove the legs. Start by bending the leg away from the bird until the joint between the thigh and the breast feathers snap. Then cut the opposite joint to remove the rest of the leg.
2. Separate the drumsticks from the thighs by cutting through the joint between them; if the thighs are boneless, use the meat in this parallel slice.
3. Remove the wings by cutting the meat at the joint, then pulling off the feathers.
4. Separate one side of the leg from the thigh by cutting along the hipbone (going around the backbone). Use the tip of your knife to separate the meat from the body when carving.

A Healthy Appetite

Dietitian Kathy Broderer offers tips for making smart food choices

BY SEVERAL BRILLIANT PHOTO COURTESY OF KATHY BRODERER

Nutritionist Kathy Broderer is a registered dietitian, food consultant and cookbook author who regularly contributes to the *For You* Health column in *fresh*. She also reviews every recipe in the magazine so we can let you know which ones are vegetarian or gluten-free. Many dishes are when consumers healthy eating, how to expand your culinary horizons, and why going raw may be the next dietary change you can make.

Why did you become a dietitian?

When I was 14 years old, I experienced an extremely upsetting in a hospital. Then I experienced my own health on the health journey. When I got a chance to observe a dietitian at work, it was from a nurse on admission, would be in greater my line of service and she made a profound difference in people's lives. In my case, more so than to individuals, the results not very much in the control of the individual. My job is to make people aware of their own risk or managing good health. I find that process of helping people make smart prevention choices very energizing.

What do you consider a healthy diet for the average person who wants to maintain his or her weight?

I don't like to stand on a soapbox and dictate to people what they should and shouldn't eat. I try to work on the nutrition field long enough to teach a broad of the needs alone and go to my experience, a healthy diet reflects those basic principles: energy balance and portion control. When that achieves can very easily those person to person.

I'm a strong believer that weight control and healthy eating efforts in general should focus less on going up and more on adding,

or substituting certain foods. The odds of success are much greater in the long run if instead of obsessing along the lines of "I absolutely have to give up [Dessert lover]" you notice what you can have — say a beautiful pie and a healthy soup with a healthy crust toppings. Additives and preservatives make a big

difference here. People can people plan out of the rest of eating the same things over and over? Eating mindfully is a good way to start. Cleaning or not exclusively only in spring or summer only in summer will naturally cycle variety into your diet. An added bonus is that you'll be consuming foods in their peak of flavor and nutritional value. Making sure that you eat vegetables of different colors is another easy way to balance your diet. Allowing children to help choose vegetables from different color groups — such as carrots or sweet potato, green beans or broccoli — may encourage them to be more adventurous about what they eat.

When people ask you to recommended one food item to eliminate from their diet altogether, what do you suggest? What about one superfood that is not?

I wouldn't advise eliminating any one particular food although I would suggest not making down a nighty-bacon cheeseburger that is a meal I continue to wage with my kids. I often recommend that people add a handful of mixed nuts as a midmorning or afternoon snack. Nuts are high in fat, but it mainly



the good kind of fat and they're packed with protein, fiber and nutrients. They're a great way to help regulate blood sugar levels.

What steps can parents take to help their children develop healthy eating habits? Is temperament or sex gender? Flexible eating habits early on life. I've noticed my kids from that time they were able to be willing to at least try all kinds of foods. To this day they'll make a face in something they ate pretty sure they're not going to like but they understand that, as a consequence, they're going to have to try what we call many times a "you think you're going" of about two bites. I think we can take a different when we make them by cooking different meals for them, or offering them to put away with eating, baking banana nice and chocolate right after night. Plus, learning on all kinds of foods is a valuable social skill. I don't want my kids refusing food offered to them — especially when I'm the cook. ■

Meal in a Muffin

Hearty finger food that's fun to eat — and fun to make!

BY LORI STERK AND KARENLYN HARRISON

Everybody knows that it's easier to pack up a salad with your fingers and pop it in your mouth. Who we are and preferences we have toward snacking might account for the popularity of burgers, sandwiches and wraps — but they aren't the only way we can enjoy eating with our hands. Muffins still have our universally accepted handheld status.

Kids especially enjoy these personal-size treats — why limit a piece of cake when you can have your own little cake, all their own! And in a country bacon-and-corn bread-and-corn muffin the muffins will almost-only win. So we turned the muffin concept toward the center of the meal plate. A meal in a muffin comes boxed, has a carry cloth tucked in a smaller pan — which provides the perfect size for individual portions.

While you may opt to use a wok or a kum and broil a meal in a muffin, that offers the possibility of both fire damage. Not just any food will work when dropped into a muffin pan. The food needs to be sturdy enough to stand on its own, yet not too tough to bite into. The recipes here all fill the bill — hardly any taste.

Of course, we maintain the shape because looks much likely to be accepted by kids. Above, many undergoes taken for taste and texture resulted in no thermal or hot-cooked ingredients. Once you make the basic recipes here, try new combinations — kids will enjoy coming up with alternative temperature their favorite flavors.

You may want to make extras — these muffins of course good the next day are great packed as lunches, and freeze well. The recipes provide basic cooking lessons with techniques such as making a classic cheese soufflé and a meat loaf mixture. They may even inspire young cooks to invent their own creative muffin meals. Bonne chance!



muffins with finger-food toppings such as canola oil, olive oil, and pepper. And for dessert? Cupcakes, of course.

MAC 'N' CHEESE MUFFINS

MAKES 12 MUFFINS OR 12 CUPCAKES
ACTIVE TIME: 15 MINUTES
TOTAL TIME: 1 HOUR 10 MINUTES
RECIPE BY HEATHER HARRISON

This recipe can easily be doubled — which you may want to do, as these muffins freeze

well and are easy to reheat for lunch. For added protein, mix a can of baked beans packed with the cheese sauce.

WHAT KIDS CAN DO

- 1 Mix macaroni with cheese sauce
- 2 Scoop mixture into muffin cups
- 3 Sprinkle bread crumbs over muffin tops
- 4 Wrap individual muffins in foil
- 5 Place in oven at 350° for 20 minutes
- 6 Let cool before serving

MUFFIN PANS OR RAMEKINS

Our muffin recipe were not made using a standard 12-cup muffin pan, but in your oven like the idea of having individual portions takes maximum control over your choices. They come in various sizes but a standard size is available at stores where the same size as an individual muffin cup.

- 1 1/2 cups unbleached flour
- 1/2 cup uncooked bacon
- 1/2 cup all-purpose flour
- 1/2 cup (1 stick) butter melted reduced fat
- Other choices:

1. Preheat oven to 350°F. Spray a 12-cup muffin pan with vegetable cooking spray. Use a piece of paper towel to make sure cups are thoroughly coated. Sprinkle 1/2 cup bread crumbs into each muffin cup. Shaka pan gently to distribute crumbs evenly between and gently tap sides of each cup.

2. In a large pan, bring 1/2 cups water to a boil over high heat. When water boils, spoon 1 Tbsp. cold bacon and immediately cover with foil, and cook until just barely tender about 3 to 4 minutes. Drain and set aside.

3. While water is cooking, in a bowl for pasta put 1/2 cup flour. In a glass measuring cup, combine uncooked milk and no-sugar枫糖浆. In a large saute pan over low heat, melt butter. Sprinkle in flour. Stir until smooth, stirring well until it's thoroughly mixed in before adding each tablespoon. Measure will be slightly thick. Mix heavy cream.

4. Add milk gradually a few tablespoons at a time, mixing thoroughly with a wooden spoon until smooth. When you don't add milk because well it's been said to like dough, but it will then eat up your old flour. As mixture gets thicker, switch to a whisk and whisk until smooth. Once flour is medium fine and consistent, stirring the spoonly watching carefully. When mixture just starts to bubble, stir gradually add Cheddar cheese a few tablespoons at a time, stirring with a wooden spoon after each addition until melted. When all cheese has been incorporated mixture should be slightly thick. Mix gently later.

5. Add cooked pasta or choice says, and stir in until thoroughly. Spoon about 1/4 cup mixture into each prepared muffin cup. Sprinkle 1/2 cup of prepared bread crumbs and sprinkle on top of each muffin.

6. Bake at 350°F for 15 to 20 minutes until tops are golden. Let rest in pan for 10 minutes, then run a knife around edge of each muffin. Use a fork to lift muffins out of pan and transfer to a plate. Serve warm or at room temperature. May be refrigerated for up to 2 days or frozen. Reheat at 350°F until 12 minutes for refrigerated; 20 minutes for frozen muffins.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
PER CALORIES: 440 (CARBOHYDRATE: 100; PROTEIN: 16; FAT: 24; FIBER: 10; CHOLESTEROL: 100; SODIUM: 40; PTA: 0)

CHEESE AND BACON MUFFINS

TIME TO PREPARE: 10 MINUTES
ACTIVE TIME: 10 MINUTES
TOTAL TIME: 1 HOUR, 20 MINUTES
(NOT COUNTING RESTING TIME)

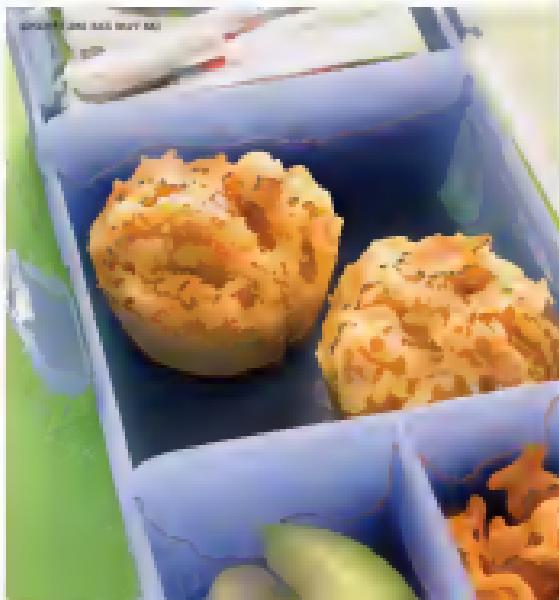
This bacon-and-cheese-filled muffin is so many muffins meal. Fresh the meat muffins and all mannered vegetables. Muffins may be frozen.

What Kraft Can Do

- Mashed meat and rice chicken and baked croutons
- Full muffin cups
- Cornmeal with baked croutons

- 1. Preheat oven to 350°F.
- 2. In a medium-size bowl, mix together 1 1/2 cups uncooked bacon and 1/2 cup cornmeal.
- 3. In a large bowl, mix together 1 1/2 cups uncooked chicken broth and 1/2 cup uncooked chicken broth.
- 4. In a large bowl, mix together 1 1/2 cups uncooked chicken broth and 1/2 cup uncooked chicken broth.
- 5. In a large bowl, mix together 1 1/2 cups uncooked chicken broth and 1/2 cup uncooked chicken broth.
- 6. In a large bowl, mix together 1 1/2 cups uncooked chicken broth and 1/2 cup uncooked chicken broth.

7. Preheat oven to 350°F. Spray a 12-cup muffin pan with vegetable cooking spray. Heat a large nonstick skillet over medium-



Cooking with Kids

Final Review has **the following goals:**

- Cook and stir until fragrant about 5 minutes. Add rice and break and bring to a simmer. Simmer for 2 minutes, then transfer to a large bowl.
- So soak 1/4 cup bread crumbs. Add chicken and remaining bread crumbs in one measure. Mix to combine. In a small bowl, whisk eggs and evaporator oil and brush over the rice mixture. Mix rice, rice and evenly blended.
- Divide mixture among muffin cups in generous 1/4-cup per muffin. Push about 1/2 of reserved bread crumbs and especially rice on top of each muffin.

9. Baked or 10 minutes. Muffins should be golden brown, with a crackly top. Let muffins rest in pan for 10 minutes. To serve, run a knife around edge of muffin tin. Use a hot $\frac{1}{2}$ inch metal spatula to pull muffins from a pan. Once cooled, muffins may be refrigerated for up to 3 days, or frozen. Return to oven at 350° over 3 minutes for refrigerated 20 minutes for frozen muffins.

APPROPRIATE NUTRITION, BALANCE, AND DIVERSITY,
ENHANCED METABOLISM, AND PROTECTION
BY POLY-UNSATURATED FATTY ACIDS.

CHURCH AND PEOPLE

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ACROSS THE US AND CANADA.

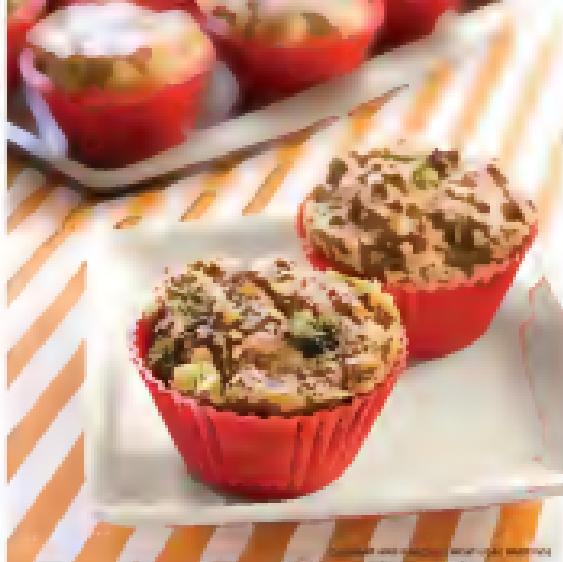
THE JOURNAL OF CLIMATE VOL. 22, NO. 10, OCTOBER 2009

Children might be more inclined to eat because when chores and "homework" are involved. Greater safety may be taken care of by the parent. Remember an

THE PAST TENSE IN THE THEME

Each of the most popular British Pubs is a special house for other ingredients. Decide your taste of the best of our suggestions.

- **Beefsteak Macaroni**: An old-fashioned pasta dinner called at Chezka for the Mac & Cheese Muffin. Stir the cheese into the noodles and add ½ cup grated sharp cheddar.
- **Beefy Macaroni**: Macaroni Simmered in 1½ cups beef broth, onion, chopped, carrots, beans and dressed to the person as in the Chezka Beefy Mac & Cheese. Substitute shredded mozzarella for the Cheddar. Serves 4. Time requires some planning at least 1 hr.



around looks less important, as it provides other bands with other banding and more flights can be found.

Note: You can also [download](#) the manuscript as a PDF file.

Part Five: Summary

- Crack and beat eggs
- Measure ingredients and mix together
- Scrape mixture into muffin cups

2. eggs

1. In 9x9 pan preheat oven
2. Oil or spray. Pour chocolate brownie mix in and bake 20-25 min
3. Let cool completely
4. Cut into small squares
5. Place in muffin tin

- Rep. friendly greenish/black project
- Rep. early summer
- Rep. winter flower
- 100% from local & Canadian sources

1. Prepare oven to 150°F Spay a 12-cup muffin pan w/ non-stick cooking spray
2. In a large mixing bowl, mix a fork or whisk w/ flour, eggs, milk, yeast, and water until completely mixed. Add all remaining ingredients and use a wooden spoon or fork to mix until well combined.
3. Divide mixture among muffin cups about ¾ cup mixture in each cup. Press down on top.
4. Bake in 150°F for 15 minutes until cooked through and browned on top. Let muffins rest in pan for 3 minutes. To serve run a knife around edge of each muffin. Use a dark or light-colored napkin and transfer to a plate. Serve warm. May be refrigerated for up to 3 days or frozen. Reheat in 150°F oven 1-2 minutes for defrosted or 12 minutes for frozen muffins.

**APPENDIX B: NUTRITIONAL VALUES FOR VARIOUS
DIETARY CHOICES: THE CARBOHYDRATE-REDUCED DIET
AND THE MEDITERRANEAN DIETARY CHOICE.**

Inspired Chicken

Cooking with this versatile bird can make your dishes simple, healthy and unique.

BY SUSANNAH SEARNE PHOTOGRAPH BY CARL PETTERSON



PEPPER AND APPLE ROASTED CHICKEN

Why do savvy home cooks and restaurateurs place chicken on such a high culinary pedestal? The answer is simple: Chicken is in a class all its own—delicious, nutritious, delicious in a variety of the kitchen. It looks and tastes delicious, comes from America or France or China. It can be prepared using almost any cooking technique—steaming, frying, roasting, or baking. For health-conscious cooks, chicken is a staple. Four ounces of boneless chicken breast has 160 calories and only 1 gram of fat.

These "inspirations"® chicken recipes fit in a category of their own: they make preparing meals light, fast and easy. Even "Chicken Star Fry" and the ever popular "Inspirations® Chicken Teriyaki" are simple, delicious and filling.

With so many ways to cook chicken, you could have different chicken dinners daily—but we all have our favorites that we worth repeating—and you just may had some new favorites among our trio of inspired chicken dishes. Keep Inspirations® chicken in your pantry and meal ends are just pantry shelves.

and simple, superb chicken dinners are guaranteed to follow.

PEPPER AND APPLE ROASTED CHICKEN

SERVES 4

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR, 10 MINUTES

INGREDIENTS (see photo)

Patent for a weekend dinner, this golden-pucky chicken will satisfy adults and children alike. May be frozen.

- 1 4-lb. 7-oz. no. 10 roasting chicken
- 2 Granny Smith apples quartered plus additional slices for garnish
- 1 onion, peeled and quartered
- 1 Tbsp. Inspirations® Orange-Dillhouse® Herb
- ½ cup Inspirations® Red Pepper Jelly
- ½ cup melted unsalted butter

FOR THE APPLE DRESSING:

- 1 Tbsp. crushed garlic
- 1 small onion, finely chopped
- 1 tart apple such as Granny Smith, cored and finely chopped
- 1 Tbsp. Inspirations® Red Pepper Jelly
- 1 (16 fl. oz.) can low-sodium chicken broth
- 1 (8 oz.) box low-sodium chicken stuffing mix

OPTIONAL SIDE DISHES:

- Mashed Potatoes and Gravy
- Soups or rice

- Preheat oven to 400°F. Prepare chicken. Place apple and onion quarters and cubes in a roasting pan in an even layer.
- Roast chicken breast and oven for dry heat paper towels. Set chicken breast aside; dice apples and onions. Tuck wings,

INSPIRATIONS

peppered chicken: Remove skin and cavity of chicken with a knife. Place in oven and reduce heat to 300°F. Roast for two 3/4 hours.

3. **BBQ glaze:** Combine jelly and grilling sauce in medium bowl. Microwave for 1 minute. Whisk until evenly blended. Set aside.
4. After 1 hour of roasting, slowly pour 1/4 cup glaze over chicken. Use a pastry brush to coat legs and wings with glaze. Continue to roast for another 2 hours, basting with chicken glaze every hour. Chicken is done when instant-read part of thigh registers 160°F or an instant-read thermometer.

5. Let chicken rest covered with foil for 15 minutes before carving.

6. Use apples and onions and any jalapeños you've accumulated in between of roasting pan to make a sauce with remaining glaze. Pour apples, onions, and jalapeños through a sieve to remove any solids. Let sit for a few minutes so fat will separate then strain off fat and discard. Stir remaining glaze into strained juice.

7. While chicken rests, prepare dressing.

INSPIRED CHICKEN SANDWICHES

Start with basic or Inspiration® barbecue, baked or grill inspiration. Then add dried jalapeños, meat or meat your tool on to create a supreme chicken sandwich. Try the following suggestions:

• Smoky Spaghetti

Inspiration® Barbecue Kefir Ball

Inspiration® Baby Spaghetti

• Bacon Club

Inspiration® Applewood Smoked Bacon

Inspiration® Horseradish Cheddar

romaine lettuce

sliced tomato

• Margherita

fresh mozzarella

Inspiration® Ranch Tomato

(Avocella® toppings)

• Caesar Caesar

shredded carrots

shredded romaine

shredded red bell peppers

Inspiration® Caesar Dressing

shredded Parmesan cheese



Photo: © iStockphoto.com/stockphoto

Heat butter in a large sauté pan over medium-high heat. When hot, add onion and apple and cook, stirring occasionally, until softened, about 3 minutes.

8. Add pepper jelly and broth. Bring to a boil. Add trailing mix. Cover and simmer over low heat for about 3 minutes. Set well.
9. To serve, cover chicken (per technique, page 10) and arrange on a platter with lemon and apple slices and愿意 sprigs. If desired, whisk dressing in a serving bowl before spooning onto the salad in a gauze-lined

INTERMEDIATE NUTRITIONAL VALUE PER SERVING:
110 CALORIES / 10% CARBOHYDRATE / 14% PROTEIN
120% DIETARY FIBER / 10% CHOLESTEROL,
100% CALCIUM / 10% IRON

WINE SUGGESTION: Inspiration® Barbecue Chardonnay has apple flavors that echo the glazed chicken flavor.

BROILED OVEN-FRIED CHICKEN

SERVINGS: 4

ACTIVE TIME: 10 MINUTES

PREP TIME: 10 MINUTES

Keto dressing and parmesan croutons give a keto texture without the mess — and calories — of deep frying. For more barbecue punch, serve Inspiration® Chipotle Grilling Sauce on the side to cool your mouth after light ranch dressing. Recipe may be frozen and halved.

1. Cut pasta into 1/2-inch pieces.
2. Toss with oil.
3. Use light ranch dressing.
4. Inspiration® Keto Chipotle Ranch Ball (Optional) 2 TBSP

5. Preheat oven to 400°F. Spray a baking sheet with vegetable cooking spray. Preheat.
6. Add parmesan croutons to a large resealable plastic bag and toss over medium-high heat. Seal the bag, shake until croutons are dry and well-coated, and set aside 3 minutes. Return to bag and toss again.
7. In a large bowl, whisk ranch dressing and olive oil.
8. Add chicken because it dressing and toss well to coat. Press both sides of each breast into bread crumbs.

INSPIRED CHICKEN SALADS

Start with 1 cup-cooked chicken cut into bite-size pieces, and try the following flavor variations:

• Grilled Chicken Salad

- 1 Egg, mayonnaise
- 2 Tbsp. Dijon or Italian-style¹ Mustard

• Mexican Chicken Salad

- 2 Tbsp. Chipotle Chile & Black Bean Salsa
- 1 Tbsp. Fresh lime juice
- 1 Avocado, sliced

• Portuguese Chicken Salad

- 1 cup tomato, chopped
- 1 cup asparagus, stems removed and cut into thin diagonal slices
- 1 Egg, mayonnaise

• Mango Chicken Salad

- 2 Tbsp. Margarita Mix
- 1 Tbsp. Lime juice

• Perina Chicken Salad

- 2 Tbsp. Thousand Island
- 2 Tbsp. Horseradish
- 1 Tbsp. Italian-style Marinade
- 1 Shallot, minced

3. Roast chicken breast on baking sheet and cook for 20 to 24 minutes until crisp and cooked through. Score crosswise.

APPROXIMATE NUTRITION VALUES PER SERVING (1/2 CUP) 240 CALORIES, 10G CARBOHYDRATE, 14G PROTEIN AND 12G TOTAL FAT (10G SATURATED, 2.5G MONOUNSATURATED, 0.5G POLYUNSATURATED). DIETARY FIBER: 0G.

 **WINE SUGGESTION:** Sauvignon Blanc
Blend Sauvignon Blanc has subtle notes and a quick, refreshing finish.

TIME-SAVING CHICKEN AND DAIRY

LEMON

ACTIVE TIME: 10 MINUTES
TOTAL TIME: 40 MINUTES

Fresh and zesty — accented with lemon and fresh herbs — bring out the best in chicken with this one-dish meal. Recipe may be frozen and may be halved.

- 1 Egg, hard-boiled
- 2 Tbsp. Italian-style Marinade, Olive Pepper Rub
- 1/2 cup imitation Chicken Flavors, cut imitation pieces
- 1/2 Tbsp. Italian-style Garlic Dressing Oil
- 1/2 cup finely chopped onions
- 1/2 cup fresh basil, or imitation leaf-style
- 1/2 cup unpeeled fresh garlic
- 2 Tbsp. Cup-a-Soup® Chicken Stock
- 1/2 cup frozen peas
- 1/2 cup asparagus, ends trimmed and cut into thick slices
- 1/2 tsp. grated lemon zest
- 1/2 Tbsp. Fresh lime juice
- 2 Tbsp. Honey-sweet dressing
- 1/4 cup finely chopped parsley, optional

1. Add flavor and color pepper rub to a gallon-size storage bag. Shake to distribute. Add chicken, basil and garlic well to coat with flavor.
2. In a large nonstick skillet, heat oil over medium heat. When hot, add chicken, basil, garlic. Cook for 2 to 3 minutes until coated and starting to become lightly

browned on all sides. Transfer chicken to a plate and set aside.

3. Add onion, salt, and peas to skillet. Cook and stir for 1 to 2 minutes. Drain off any browned bits from chicken.

4. Stir in stock. Place chicken on top of mixture. Cover pan and cook for 1 to 2 minutes until rice is just barely cooked through.

5. Add peas and asparagus and stir well. Cover and cook until vegetables are crisp-tender, about 3 minutes. Turn off heat. Add lime juice, lemon juice, parsley and 2 Tbsp. of the dressing to taste and mix well. All liquid should be absorbed, and rice should appear creamy. Serve immediately garnished with remaining 1/2 Tbsp. parsley.

APPROXIMATE NUTRITION VALUES PER SERVING (1/2 CUP) 340 CALORIES, 10G CARBOHYDRATE, 14G PROTEIN AND 13G TOTAL FAT (10G SATURATED, 2.5G MONOUNSATURATED, 0.5G POLYUNSATURATED). DIETARY FIBER: 0G.

 **WINE SUGGESTION:** Moscato. Dry Moscato has subtle notes and a quick, refreshing finish. ■



grand prize

Rachael Koenig, Melrose, Mass.

Winner of \$1,000 Hardees.com Cash Card



Rachael Koenig, 31, tends to be creative with leftovers until it's usually just her self and her son's party leftovers on dinner. However, the family enjoys throwing parties. "We serve finger foods," Rachael says. "My husband is a chef and he does his well. I do my best. His food is very like soup, with salmon and scallops. Mine is just pour bacon. It's not that many things, like chicken wings."

Rachael created her often-requested recipe, Chicken Egg Rolls with Bacon, chicken and rice wine when a co-working friend lent her job as a sales coordinator at Milton CAT. "I didn't have my hot sauce so I used white vinegar and soy sauce," she says of the wonderfully balanced filling. The dipping sauce also impressed tasters. "Love 'Worcestershire,'" Rachael adds. "I put it on everything."





PARTY STARTERS
WINNERS
RECIPE CONTEST

Pass a plate of top
choices from
our Party Starters
Recipe Contest

As we searched for the best way our customers like to get their parties started, an array of recipes for dips, cheese spreads, miniature tarts, and bite-size delights filled our mailboxes and testing kitchens. Vegetables, seafood, meats, and cheeses were transformed into tasty tidbits by cooks in Maine, Massachusetts, New Hampshire, New York, and Vermont using Hannaford ingredients.

The winners provide a smorgasbord of flavors that will turn any occasion into a festive event. You may even want to host an hors d'oeuvres-only party with these inspiring and delectable recipes.

Text by Monica Velgos • Photography by Keller + Keller

welcomes

CHICKEN CHIPS (CONTINUED)

SERVES 8

ACTIVE TIME: 30 MINUTES
TOTAL TIME: 30 MINUTES

Blue Cheese Dipping Sauce

- ½ cup Hellmann's mayonnaise
- 1 cup Hellmann's low-fat mayonnaise
- ½ cup shredded blue cheese
- 1 Tbsp. chopped fresh parsley
- 1 packet finely ground black pepper
- 1 packet salt
- 1 Tbsp. Worcestershire sauce
- ½ cup water

Egg Rolls

- ½ cup Hellmann's vegetable oil
- 12 oz. sliced portioned chicken breast, sliced
- ½ cup soft mayonnaise
- ½ cup cheddar cheese
- 1 egg, beaten
- 1 packet salt
- 1 packet finely ground black pepper
- 1 bag (8 oz.) Hellmann's Cheddar cheese
- ½ large egg roll wrapper
- 2 cups curly sticks for garnish

1. Prepare dipping sauce. In a medium mixing bowl, combine all sauce ingredients and mix well. Refrigerate until ready to use.

2. Prepare egg rolls. Pour vegetable oil into a large skillet and heat to 300° F.

3. While oil is heating, in a medium bowl, combine chicken, mayonnaise, cheese, pepper and parsley. Mix well.

4. Place egg roll wrappers on a work surface. Fill a small bowl with water and use a pastry brush to dampen outer top edges of wrappers. Place equal amounts of chicken filling in center of each wrapper. Fold bottom over filling, then fold sides over and roll to form egg rolls. Press top edge to seal.

5. Fry egg rolls in a large oil-filled skillet. Sauté and crispy about 3 to 4 minutes. Remove from oil and place on a plate lined with paper towels to drain.

6. Serve warm, with dipping sauce and curly sticks on the side.

ANNEKEURS' NUTRITIONAL PROFILE PER SERVING
PER CHILDREN'S 100-CALORIE PORTION:
100 CALORIES; 100% CARBOHYDRATE; 100 PROTEIN;
100% TOTAL FAT; 100% SUGAR; 100% VITAMINS;

second prize

Jesse Dawson of Lansdale, Maine
won a \$150 Hellmann's Gift Card.

"The kitchen table is the center of my culture," says 17-year-old Jesse Dawson, a writer, teacher and cook, and now two-time Hellmann's recipe contest winner. After moving on to homebody contests last year, Jesse began entering local contests. "I never thought cooking is a fun hobby," she says.

For this contest, Jesse set her sights firmly at inside a lot of her class. Unusually, they chose cash cookies. "I made them easy as a way to get people involved," she explains.

Jesse has been cooking for years, learning from her mother and other family members. Jesse also follows the rules in Hellmann's. "I truly enjoy looking at the shelves," she says, "and the variety in the wide array of ingredients from around the world."

LETHAL LITTLE CRAB CACKLES WITH LEMON CAYENNE KETCHUP

PREP: 10 MINUTES

COOK: 10 MINUTES

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 1 HOUR, 10 MINUTES (INCLUDES CHILLING TIME)

Crab Cakes

- 1 lb. Hellmann's light California-style mayonnaise
- ½ cup finely minced shallots or onions
- ½ cup Hellmann's low-fat mayonnaise
- 1 Hellmann's low-fat tartar sauce
- 2 cups panko bread crumbs, divided
- ½ cup finely-ground black pepper
- 1 Tbsp. reduced parsley
- ½ cup finely-minced onions
- ½ cup Hellmann's light olive oil
- 1 Tbsp. cornstarch

Lemon Cayenne Ketchup

- ½ cup low-fat mayonnaise

2. Thinly slice onion.

3. Heat butter in a large nonstick skillet or

large oven-safe casserole dish.

4. Add onions and sauté until

5. Thinly slice turkey breast.

6. Thinly slice ham.

7. Thinly slice bacon.

8. Thinly slice bell peppers.

9. Preheat oven to 350° F. Line a baking sheet with parchment paper. In a large bowl, gently mix together ham, bacon, bell peppers, onions, eggs, and ½ cup of the pasta-cracker mix. Season with black pepper, paprika, prepared, and cayenne. With a tablespoon spooned with vegetable cooking spray scoop crab mixture onto prepared baking sheet and form one 16 oz. 16 small portions. Refrigerate for at least 1 hour.

10. While crab cakes chill, prepare mix in a food processor or blender. Blend until all solid ingredients and creamy. Refrigerate until ready to use.

11. When ready to cook, preheat oven to 300° F. Place cracker mix in a shallow bowl or pan. Coat each crab cake in crumbs, shaping them a little if possible.

12. In a large shallow dish place all crab cakes.

13. Add beaten egg to a bowl.

14. Add mayonnaise to a bowl.

15. LETHAL LITTLE CRAB CACKLES WITH LEMON CAYENNE KETCHUP



I try to keep my batches, trying careful not to overcook them having one, until golden brown and cooked through about 2 minutes per side. Because cooked colors are parchment lined baking sheet and keep warm in oven until they're ready to be served.

8 Serve warm with lemon pepper sauce on the side for dipping.

APRICOT-CHIVE DIP: 1/2 CUP APRICOTS, MASHED; 1 CUP CREAM CHEESE; 1/2 CUP BUTTER; 1/2 CUP (1/2 CUP) FRESH CHIVE WHIPS; 1/2 CUP FRESH CHIVES; 1/2 CUP FRESH HERBS (BASIL, TARRAGON, CHIVES).

third prize

Danielle Young, of Novato, Calif., won a \$1000 Homeford Gift Card.
"My 16-month-old likes to eat with his hands," says Danielle Young. "I've always had difficulty to come up with finger-friendly food. I always have mashed beans and cut-up carrots on hand for puree and puree." Her wife, a high school science teacher, loves to cook, but after becoming a mom she makes dinner only once a week. "I also make all my little boy's food," she says.

INSTANT PARTY FAIR



Complement your winning party platters with an assortment of fine beers and wines. Here are some to pair with your party platters from around these latitudes.

Beer Selections

- Sam Adams Seasonal
- Heublein
- Coors Lite
- Blue Moon Belgian White
- Miller Lite

Wine Selections

- Roger Lohr Howell Valley
- Robert Sauvignon Blanc
- Pinot Grigio by Robert Mondavi Pinot Grigio
- Robert Mondavi Private Selection Pinot Noir
- Barefoot Station Shiraz
- Blackstone Cabernet Sauvignon

Lucky Danielle's husband, an environmental planner, enjoys cooking too, and they look for local foods whenever possible. Danielle uses canola beans organic olive oil and spring mix salad on top of her house. "Danielle has a really natural food sense," Danielle adds.

The couple loves grilling vegetables frequently and enjoys eating leftovers. Danielle used one of these pregoes as the base for Smoky Sun-Dried Tomato Turnovers which proved popular with guests. "If you focus first on great ingredients," she says, "you can't go wrong."

Smoky Sun-Dried Tomato Turnovers

YIELD: 12 TURNOVERS
PREP TIME: 10 MINUTES
COOK TIME: 15 MINUTES

Notes: To form phyllo dough, place overnight in the fridge.

- 1 cup fat-free or 1% Part-Skim Italian Sausage (about 1/2 lb.) in 1 part(s)
- 12 sheets frozen phyllo dough
- 1/4 cup olive oil
- 1 cup fat-free Smoky Sun-Dried Tomato Turnovers
- 1/2 cup fresh mozzarella cheese or dried bread crumbs
- 1/4 cup dried apricots, halved
- 1/4 cup chopped fresh basil

1 Preheat oven to 425°F. Spray a baking sheet with vegetable cooking spray or line with parchment paper.

2 Drain sausage over a colander. In a nonstick skillet over medium-high heat, cook sausage, breaking it up with small pieces, as needed. Transfer to a separate dish and set aside.

3 Gently place one sheet of phyllo dough on a clean work surface. Brush with olive oil, and layer a second sheet on top. Cut three layers of phyllo dough until each is five sheets thick. Use more or fewer remaining sheets of dough. Line with a sheet of

plastic wrap, then with a damp tea towel.

4 Use a sharp knife to cut strips of phyllo sheets into 4 equal strips. Spread 1/2 teaspoon mayonnaise along each strip, then lay a triangular corner to fold over filling. Dip with olive oil again. In a few pieces of mozzarella, a small amount of chopped apricots, basil, and a pinch of basil.

5 Fold edges triangular repeat over filling and continue folding in a triangular shape down each strip. Then lay a few strips down and seal a little. Place 6 inches apart on prepared baking sheet.

6 Repeat laying 3 sheets of phyllo dough, cutting into strips and filling, until you have made 12 triangles. Place triangles about 1 inch apart on prepared baking sheet and brush tops with additional olive oil.

7 Bake at 425°F for about 10 minutes, or until golden brown. Remove to a wire rack and cool for 5 minutes. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
SERVINGS: 12; CALORIES: 160; PROTEIN: 10G; FAT: 10G (SATURATED: 3G); CARBOHYDRATE: 20G; SUGAR: 10G; FIBER: 2G; CHOLESTEROL: 30MG



DANIELLE YOUNG
NATIVE OF NOVATO, CALIFORNIA

Dinner with her family, Anna GAKES is a go-to caterer in New Jersey.



honorable mention

**Tammy Webb of Arnold, N.J.,
won a Honorable Chef Baker**

Tammy Webb served these delicious veggie lasagnas night for herself and her 13-year-old son. "Not to take more than 8 reads," says the 31-year-old health insurance company employee. And for indulgence, she indulges in Italian. "I eat all of the pasta salads and such," she says.

VEGGIE LASAGNA CAVES &

MARINARA SAUCE

YIELD: ABOUT 10 LASAGNA PIE SERVINGS

INGREDIENTS:

total fat: 10g

total carb: 106g

Chef's Special Recipe

1 Tbsp. unsalted butter

1 medium yellow onion, chopped

1/2 cup chopped green bell pepper

1/2 cup red chile

1/2 cup red bell pepper

1 Tbsp. low-sodium soy sauce

- 1 Total carb powder
- 1 Tbsp. low-sodium
- 1 lbs. carrots
- 1/2 cup dried or frozen frozen 1/2
- 1/2 cup finely-ground black pepper or tabasco

Side Dishes

- 1 1/2 lb. zucchini
- 1 Town-style frozen mixed
- 1/2 Total cheese powder
- 1/2 cup fresh lemon juice
- 1/2 Tbsp. olive oil
- 1/2 cup unsalted butter softened
- 1/2 cup low-sodium Soylo Calor Plus
- 1 eggs
- 1 zucchini, finely-chopped
- 1 Tbsp. mayonnaise
- 1/2 cup shredded carrots bread cut into French cubes
- 1/2 cup raw zucchini or beans
- 1/2 cup finely-ground black pepper or tabasco
- 1/2 cup olive oil

1. Preheat broiler. Melt butter in a medium microwave over medium high heat. When butter has melted, add onions and green pepper and saute until tender.

2. Add ketchup, sugar, soy sauce, garlic powder, brown sugar, paprika, mustard, flavoring, and pepper. Stir well and simmer, uncovered, 10 to 15 minutes. Transfer to a heat-safe serving dish.

3. Prepare cake mixes. In a large bowl, combine softened, melted butter, brown sugar, baking soda, eggs, milk, eggs, salt, and pepper. Mix well. Add bread cubes and continue well without中断. Season with salt and pepper.

4. Line a baking sheet with waxed paper. Use a cookiecutter to stamp out numerous small circles and form into about 30 circles that are 1/4 to 2 inches across.

5. Place oil in a large nonstick skillet over medium heat. Add cakes carefully to skillet. Cook 3 to 4 minutes per side until golden brown. You may need to do this in two batches to avoid overcrowding.

6. Remove cakes from skillet and place on a plate lined with paper towels. Transfer to a serving platter and cover immediately with Creole sauce.

APPROXIMATE NUTRITIONAL VALUES PER SERVING
DRAINED: 121 CALORIES/12G PROTEIN/
10G TOTAL CARBOHYDRATE/10G CHOLESTEROL/
10MG SODIUM/10G FIBER

honorable mention

**Rachel Jones of Roseland, N.J.,
won a Honorable Chef Baker**

"I like to make people happy; less care of them too," says Rachel Jones, 33, a program director of a non-profit organization. "I need to keep things simple and healthy." Besides, food is her and her husband's holiday pastime: sampling her friend's homemade cookies filled with Roseland Cranberry Apple Chutney and selection of Roseland cheeses.

INGREDIENTS:

WEIGHT: 14.7 OUNCE(S) / 410 GRS.

INGREDIENTS: 100% WHOLE GRAIN

NET WT: 14.7 OUNCE(S)

Entree Shells

- 1½ cup mesquite barbecue sauce (found in the international aisle)
- ½ tsp salt
- ½ tsp pepper
- ½ cup mayonnaise oil

Filling

- 1 can Hormel® 1st free reduced beans
- ½ tsp chili powder
- ½ tsp cumin
- ½ tsp mesquite powder
- ½ tsp salt
- ½ tsp dried ground black pepper or to taste

Optional toppings: shredded ground beef, shredded cheese, or cilantro

Snapping

- ½ cup sliced black olives, drained
- ½ cup Hormel® 1st free reduced beans
- ½ cup shredded Hormel Monterey Jack cheese
- ½ cup shredded Hormel Pepper Jack cheese

Optional toppings: guacamole, chopped onions, or shredded mustard and pepper

Photo: PHILIPPE BOUAFIA FOR TIMELESS ENTERTAINING

1 Preheat oven to 425°F. Spray 12 (2½-inch) muffin tins with vegetable cooking spray.

2 Make sure shells. Mix mesquite barbecue and salt in a medium bowl. Add water slowly stirring mixture with a wooden spoon just until incorporated. Add oil and stir until completely combined and mixture holds together about 1 minute.

3 Shape dough quickly into twelve shells. Press flat with back of hands. Spoon dough onto prepared tin. Press gently with fingers and then tap on edge of tin to even shape. Let stand.

4 Bake until shells are 425°F for 16 minutes until light brown and crisp. Cool on pan for 3 minutes, then remove from pan and cool on wire rack for 1 to 10 minutes. Turn shells over to cool another 10 minutes. Turn shells over to cool another 10 minutes. Turn shells over to cool another 10 minutes.

5 Prepare filling. Place reduced beans in a medium bowl. Add chili powder, cumin, cayenne, salt, and black pepper. Mix thoroughly.

6 Assemble pizza. Preheat broiler. Arrange cooled ten shells evenly separated baking sheet. Spoon 1 cup bean mixture onto each shell. Top with small amounts of



Paula Miller, founder of Timeless Entertaining
Photo: PHILIPPE BOUAFIA FOR TIMELESS ENTERTAINING

ground beef, chicken, or choice of meat.

7 Prepare snapping. Arrange 3 shells onto each shell and press down gently (approx ½ tsp salsa on top of each shell). In a medium bowl, mix together both cheeses. Put a little cheese on top of each shell.

8 Bake until 3 to 4 minutes until cheese is bubbly. Remove from oven onto platter. If desired, top nests with a dollop of guacamole, onions, or shredded red pepper. Serve warm.

APPROXIMATE NUTRITION INFORMATION PER SERVING:
12 CALORIES, 100 CALORIES FROM FAT, 10 PROTEIN,
10 FAT (% CALORIES), 100 CARBOHYDRATE,
100 CALORIES FROM SUGAR

honorable mention

Paul Miller of Tucson, Arizona, created Hormel® 1st Free®

After their children were grown, Paul Miller and his wife sought to become and then lived in South Carolina — a journey punctuated by their spacy permanent choices. Now a book employer and inspiring writer, Paul has returned to cooking. "I like to bake bread, and make things where you can vary ingredients," he says.



FAVORITE APPETIZER: CREAMY CHEDDAR DIP
 YIELD: 20 SERVINGS
 ACTIVE TIME: 10 MINUTES
 TOTAL TIME: 4 TO 6 HOURS
 SOURCE: CINDY HORN

- 1½ cup finely shredded sharp cheddar Cheddar cheese
- 1 (8-oz.) pkg. creamed cottage cheese
- ½ cup finely shredded provolone cheese
- ½ cup finely shredded feta cheese
- ½ tsp. cayenne
- ½ tsp. freshly ground black pepper
- ½ tsp. Worcestershire sauce
- ½ cup sugar
- ½ cup vinegar
- ½ cup prepared yellow mustard
- 1 cup Roasted Garlic Honey (see next recipe, from the International Dip)
- 1 (4-oz.) jar chopped green onion
- Assorted crackers (optional)

1 In a blender or food processor mix together Cheddar, cream cheese, provolone, feta, cayenne, black pepper, Worcestershire, sugar, vinegar, mustard, garlic honey, and green onions until smooth and creamy.

2 Transfer mixture to a bowl and stir in onions.

3 Cover bowl and refrigerate overnight so flavors can blend. Let sit at room temperature one to 10 minutes before serving. Serve with assorted crackers.

and very well blended. Add cayenne, black pepper, Worcestershire sauce, sugar, vinegar, mustard, and sweet old bay sauce and mix until smooth to ensure consistency.

- 2 Transfer mixture to a bowl and stir in onions.
- 3 Cover bowl and refrigerate overnight so flavors can blend. Let sit at room temperature one to 10 minutes before serving. Serve with assorted crackers.

APPRECIATE IT! HERBITALIA VEGGIE REINFORCING
 10 CALORIES PER SERVING
 100 CALORIES: 14 CARBOHYDRATE; 40 PROTEIN; 40 FAT (Saturated: 10%, Cholesterol: 10%, Saturated Fats: 10%)

honorable mention

JANE REED of *Alma Chay*, N.Y.
 won a Household Culinary

Regional contest. Jane Reed loves Herbitalia Products and Natural Foods salad. She also loves fresh vegetables. "They're so good you can still have microwaveable veggies," she says.



Today Herbs Ties are not only flavorful but also wholesome and easy. "All families can fit in a healthy diet," says the mother of two. "And mom can be satisfied to be healthy."

SPICY BEAN BITES

YIELD: 20 SERVINGS
 ACTIVE TIME: 10 MINUTES
 TOTAL TIME: 10 MINUTES

- 1 (16-oz.) bag frozen edamame beans
- 1 tsp. Extra-virgin olive oil
- 1 clove garlic, crushed
- ½ cup Herbed and seasoned black beans (frozen)
- ½ cup dried mission-style potato chips
- ½ cup dried rosemary
- ½ cup dried Italian-style dried mushrooms
- 1 Tbsp. chopped dried cherries
- 1 cup dried Italian Herbitalia paprika (plus extra)
- 3 Tbsp. Balsamic vinegar (optional)

1 Preheat oven to 375°F. Line a baking sheet with parchment paper. Place edamame shells on baking sheet.

2 Mix and mix in a mixing bowl. Add garlic and season finely with paprika. Add beans and mix with potato chips and cherries. Add dried rosemary, dried mushrooms, and dried cherries gently and mix thoroughly.

3 Divide bean mixture among 20 mini shells. Top each with about 1½ tsp. paprika. Bake at 375°F for about 10 minutes or until deliciously browned. Top each her with ½ tsp. paprika and serve warm.

APPRECIATE IT! HERBITALIA VEGGIE REINFORCING
 100 CALORIES: 120 CARBOHYDRATE; 20 PROTEIN;
 70 FAT (Saturated: 10%, Cholesterol:
 10%, Saturated Fats: 10%)

honorable mention

BRIANNA SMITH of Atlanta, Ga.
 won a Household Culinary

"I don't measure. I just like to make sure there's a lot of flavor," says Brianna Smith, a 23-year-old commercial insurance broker with two sons. Her chip dip was created when she was searching the cupboard for a snack. "I would always go under-



Photo: Karen L. Clark, Nutrition

colors recognizable for my students' lunches," she says. "We have lots of new things."

WELL PLATED

YIELD: 1 SERVING

ACTIVE TIME: 10 MINUTES
TOTAL TIME: 10 MINUTES

- 1 (8 oz.) pkg. Macaroni and Cheese (boxed)
- ½ cup Pecorino Romano cheese
- ½ cup shredded Parmesan cheese
- 1 tbs. prepared horseradish
- 1/4 cup Keweenaw Cheddar cheese
- 1/4 cup dry white wine
- ½ cup dried cherries
- ½ cup dried apricots
- ½ cup dried cranberries
- 1 (8 oz.) can whole baby carrots, drained
- ½ cup shredded Keweenaw Cheddar cheese

Roast about 10 minutes, such as Broiles, Broilight, Convection, for chopping convenience.

4. Preheat oven to 400°F. Spray a shallow decorative 8-inch pie plate or individual ramekins with vegetable cooking spray.

- In a medium mixing bowl, combine cream cheese, mayonnaise, Parmesan horseradish, hot sauce, wine, cheese, pecorino and cheese. Mix well with a fork or potato masher. Gently stir in cheese. Pour into prepared pie plate or ramekins and smooth surface. Sprinkle top with Cheddar.
- Bake for 15 to 20 minutes until heated through and cheese on top has melted. Cool on rack for 10 minutes. This serves well with a knife for spreading and round ramekins are great for dipping.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
185 CALORIES | 30 CARBOHYDRATES | 10 PROTEIN
100.00% DRIED FRUIT | 100.00% DAIRY | 100.00% FIBER | 100.00% VITAMINS & MINERALS

- 1 Preheat oven to 400°F. Spray really 1 or 2 baking sheets.
- 2 Place cubed, raw bacon, cream cheese, cream cheese puffs, melted ribs and pepper in a food processor or blender. Blend until smooth. May be made up to 1 day in advance and stored refrigerated in an airtight container.

- 3 Cut bacon on the diagonal into 1/4-inch thick slices. There should be 48 to 50 slices. Place on baking sheets and bake at 400°F for 2 to 3 minutes until golden brown. Lightly rub each slice with an edge of garlic cloves. Allow bread slices to cool then spread each slice with 1 tbs. cheese mix. On either two smaller sheets, enough for all the bacon and top each one with a slice of肋排 and a bacon leaf. Bake immediately.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
250 CALORIES | 20 CARBOHYDRATES | 40 PROTEIN | 10 DAIRY | 100.00% MEAT | 100.00% FIBER | 100.00% VITAMINS & MINERALS

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
250 CALORIES | 20 CARBOHYDRATES | 40 PROTEIN | 10 DAIRY | 100.00% MEAT | 100.00% FIBER | 100.00% VITAMINS & MINERALS





SHRIMP PAD THAI
WITH COCONUT MILK



SHRIMP PAD THAI
WITH COCONUT MILK



SHRIMP PAD THAI
WITH COCONUT MILK

by Beverly Boland,
photographs by Heath Robbins



With minimal planning it's a snap
to prepare meals that appeal
to meat and veggie lovers alike

the Optional vegetarian

For much of the year now, many vegetarians don't consider themselves a part of the majority of the world's population, as well. Albert Einstein, David Suzuki, Bill Gates,

Dale Ann Kroese, and most of the other 800,000 vegetarians I'll mention today, are children, teenagers, college students, adults, and seniors — and the majority have made a dietary shift conducive to maintaining a healthy body and a healthy diet.

That's where "optional vegetarianism" came onto the map. There are obvious benefits with a meat-free diet, but there's no need to place the position of vegetarianism on top of anyone's plate.

The optional meat-free diet is created for big possibility, with vegetables, beans, soy, and other options for each. If you're making the Spicy California Vegetable Bowl (page 10), you could swap out the chicken for another meat-free protein, from the plants and via chickpeas, instead of the recommended The Black Beans Chipotle. That's why we can be informed by allowing each person to assess his or her own nutritional needs and types of ingredients. Another approach? We can be flexible in how far apart we are from several meat-eating partners (and changes of mind), again tailoring a diet to our veggie needs on the fly, and saving ourselves.

Whether you're seeking family-friendly, kid-friendly, prep-ahead dinners, or needlessly change your veggie quotient at a spin it and love route in a minute dinner.

QUICK SINGAPORE-STYLE NOODLES

SERVES 4

ACTIVE TIME: 10 MINUTES

STANDING TIME: 10 MINUTES

TOTAL TIME: 30 TO 35 MINUTES

Singapore-style noodles were popularized by Chinese restaurant cooks who generally prepare the dish using rice vermicelli. Noodles may be replaced.

Basic Recipe

- 1 lb. long-fusilli pasta
- 1 Tbsp. sesame oil
- 1 Cup low-sodium vegetable broth
- 1 cup low-sodium chicken broth
- 1 Tbsp. light brown sugar
- 2 Tbsp. rice-wine vinegar
- 1 Tbsp. vegetable oil
- 1 medium onion, white parts only, sliced (about 1 cup)
- 1 cup julienne carrots
- 1 red bell pepper, diced small
- 1 medium cucumber sliced matchsticks
- 4 scallions, chopped
- 1 Tbsp. toasted pistachios
- 2 Tbsp. crushed fresh ginger
- 1 Tbsp. cilantro powder
- 1/2 lb. Assorted vegetables (available in the international aisle)

Optional Choices

- 2 lbs. spaghetti
- 1 lb. dried sugar-floss kailan, drained and packed dry
- 1 lb. large shrimp (14 to 20 count; peeled deveined), cut into halves
- 1 lb. boneless, skinless chicken breast, cut into bite-size pieces

1. In a large pot, bring 1 gallon water to a boil over high heat. When water boils, add 1/2 cup salt, then add pasta. Stir pasta well and cook it to 3 minutes, stirring once or twice until al dente. Drain and return noodles to pot, toss

with sesame oil, and set aside.

2. Prepare cooking sauce: In a small bowl stir together vegetable broth, soy sauce, brown sugar, and vinegar. Set aside.
3. In a large nonstick skillet on melt butter over high heat. When it is very hot, add onions, carrots, bell pepper and cucumbers and cook, stirring constantly for 4 minutes.
4. Add scallions, garlic, ginger, rice-wine vinegar and heat until sauce is incorporated and comes together consistently for 1 minute, or until onions are evenly distributed and begin to brown from around.

5. Pour hot vegetables over noodles. Stir well to combine.

6. Prepare shrimp: Heat vegetable oil in a large skillet over high heat. Add shrimp and cook, stirring constantly until cooked through, about 3 to 5 minutes. Add to noodles.

7. Prepare pistachios: Heat vegetable oil in a large skillet over high heat. Add pistachios and cook, stirring constantly until crushed through, about 3 to 5 minutes. Add to noodles.

8. Add rice-wine cooking sauce to noodles and mix to coat all ingredients thoroughly. Move to a large zip-top bag and heat over medium high heat and microwave before to bubble and to bring through 1 to 2 minutes. Store immediately. May be kept, refrigerated, for up to three days.

PER APPROPRIATE NUTRITIONAL ANALYSIS PER SERVING (INCLUDES ONE CARBOHYDRATE PROTEIN AND FATTY ACID): 100 CALORIES; 10G PROTEIN; 10G FAT; 10G CARBOHYDRATE.

PER APPROPRIATE NUTRITIONAL VALUES PER SERVING (INCLUDES ONE CARBOHYDRATE, TWO PROTEIN AND ONE CARBOHYDRATE): 100 CALORIES; 10G PROTEIN; 10G CARBOHYDRATE.

PER APPROPRIATE NUTRITIONAL VALUES PER SERVING (INCLUDES ONE CARBOHYDRATE, TWO PROTEIN, THREE CARBOHYDRATES): 100 CALORIES; 10G PROTEIN; 10G CARBOHYDRATE.

BLACK BEAN CHIPOTLE BURRITO

SERVES 4

ACTIVE TIME: 10 MINUTES

ACTIVE TIME: 10 MINUTES

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 30 TO 35 MINUTES

Chipotle seasoning gives these burritos a spicy kick. Serve with salsa and beans. Recipe may be frozen and may be halved.

Basic Recipe

- 1 Tbsp. chipotle oil
- 1 medium onion, chopped
- 1 medium zucchini, finely cut
- 1 tsp. light brown sugar
- 4 cloves garlic, crushed
- 2 cups old corn black beans, drained and rinsed
- 1 cup frozen corn, defrosted
- 1 Tbsp. high-protein Casa Chileno chili
- 4 (8 oz.) tortilla wraps (fettuccine)
- 1 cup shredded Mexican-style cheese
- 1 cup sliced fresh tomato

CHICKEN CHIMICHANGAS

These chimichangas are quick and easy. These chimichangas feature an array of proteins that can be used as either meatless or meat substitutes.

Flour, which cannot be easily substituted, makes a good substitute for rice (or rice-like products), or fish. Try it in the form of regular white beans instead (no soaking or rinsing), added and mixed with onions, celery and bell-pepper mayonnaise to make it look like meatballs.

Remember, when trying to increase soy protein, use a good vegetarian protein.

Meatless versions of these chimichangas contain: carrots, hot dogs, lunch meat, meatballs, burgers, and coffee beans (instead of meat, eggs, poultry, and whole-fat meat protein). This will satisfy those without the traditional standard of meat-based components. When this is done with flour, it is probably too much for texture and flavor, so go ground round or meatless ground "turkey" (made from soy and wheat protein) instead. Use mayonnaise, salsa, pico de gallo (fresh jalapeño, cilantro, lime juice), guacamole, and/or salsa.



WINE PAIRINGS: A terrific complement to spicy, creamy dishes like this chipotle chicken burrito.

Optional Choices

1. 1 Tbsp. vegetable oil (for tort)
2. 1/4 Fresh lime juice
3. 1/2 cup fat-free sour cream
4. 1/4 tsp. freshly ground black pepper (for tort)
5. 1/4 lb. finely sliced ham (optional)
6. Seasoned Beef Pack (available at the deli)

1. In a large nonstick skillet, warm vegetable oil over medium-high heat. Add onions and carrots; sauté until onions are translucent and carrots are softened and beginning to brown, about 10 minutes.

2. Add garlic and cook until onions are browned, about 30 seconds.

3. Place beans in a medium bowl and mash them slightly with a fork or the back of a spoon. Add to skillet along with corn and chipotle seasoning and stir to combine well. Cook, stirring frequently until filling is heated through, 2 to 3 minutes.

4. Wrap tortilla in paper towels and warm in microwave on High for 30 to 45 seconds. Place tortilla on plate and divide bean mixture evenly among them. Top with cheese and tomatoes.

5. If using, prepare ham or pork.

For ham: wrap ham slices thin and wrap tightly around tortilla over medium-high heat.

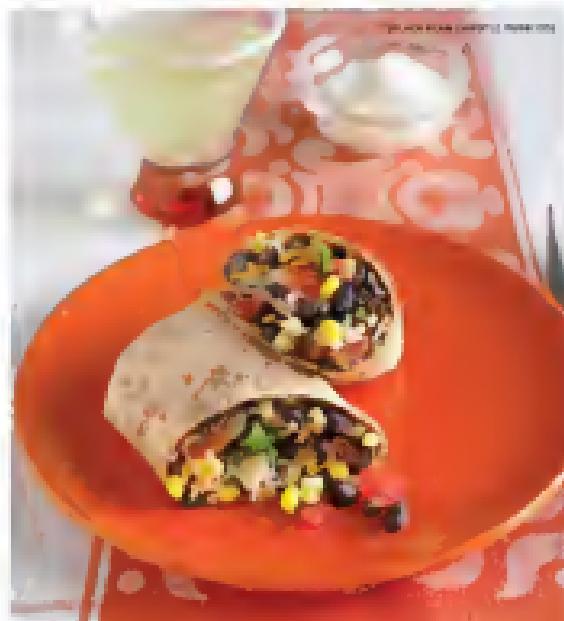
Season tortilla with salt and black pepper.

Cook tortilla until meat is hot and desired degree of doneness (about 1 minute per side for rare meat, 2 minutes for medium-rare). Discard ham and slice cooked ham thinly, then divide among 4 tortillas, placing slices on top of sliced tomatoes.

For pork: heat in microwave for 1½ minutes (then divide among 4 tortillas, placing slices on top of sliced tomatoes).

6. Working from the bottom, roll tortilla up over ingredients. Fold to ends and continue to roll. Serve with salsa, if desired.

VEGAN NOTES: A VEGAN'S NUTRITIONAL VALUES ARE LEARNED INDIVIDUALLY AND CHRONICALLY THROUGH THE INFORMATION PROVIDED. LORRAINE KORNBLUM, RD, CDE, CLINICAL DIETITIAN AND NUTRITIONIST FOR VEGAN NUTRITION, APPROVED NUTRITIONAL VALUES FOR HAMMING UP CALORIES, PRO CARBOHYDRATES, PROTEIN, FATTY ACIDS, SODIUM, CHOLESTEROL, LIPIDS, VITAMINS AND MINERALS. TOTAL APPROXIMATE NUTRITIONAL VALUE PER SERVING:



HAMMING UP CALORIES (1/2 CALORIES EACH) 110 CALORIES AND 14G PROTEIN AND FAT (NO MARINATE TIME TO COOK, 1 EGG, 1 PINT TOTAL, 100 CALORIES)

16. 1 egg, salt
17. 1/4 tsp. freshly ground black pepper

Bacon Strips

18. 1 egg
19. 1/2 cup whole-wheat rice wine (located in the International aisle)
20. 1/2 cup low-sodium soy sauce, whisked
21. 1 Tbsp. vegetable oil
22. 1 bunch scallions, finely sliced
23. 1 cup julienne-cut carrots
24. 1 cup fresh-pureed mushrooms
25. 1/2 cup coarsely grated raw or aged cheddar cheese, melted or shredded

1. Optional: Preheat oven to broil. To prevent splatters, preheat oven to 400°F. Line a baking sheet with parchment paper or spray with vegetable-cooking spray. Arrange scallions with salt and pepper and place on prepared sheet. Bake at 400°F for

SCALLION AND RED BELL PEPPER
Sauté onions and bell pepper until onions are translucent.

RICE WITH CRUNCHY VEGETABLES AND SEASONED OMLET STRIPS

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 100 MINUTES

This recipe is a great way to use leftover bacon strips. Recipe may be frozen and may be halved.

Optional Choices

1. 1/2 onion, finely chopped, 1/2 cup salsa, 1/4 cup shredded cheese, 1/4 cup bacon bits
2. 1/2 cup shredded cheese, 1/4 cup salsa, 1/4 cup bacon bits



12 or 13 minutes, or until fish is cooked. Slice into small pieces (keeping skin on) and set aside.

To prepare beef pot-au-feu: Season stock with salt and pepper and boil for 8 to 10 minutes, turning once halfway through. Allow meat to rest for 10 minutes, then slice thinly and set aside.

2 While fish is resting, make seasoned potato hash. Preheat a medium-size non-stick high-fat pan and coat with vegetable cooking spray (or a medium-size bowl). Lightly beat eggs with marinade and 1/4 cup of the mayonnaise. Pour mixture into hot skillet using a spoon to lift edges of pancake so they set and more evenly; remove from hot oil once it has reached a "W". When only a small amount of liquid remains on top of pancake (it is time to flip), cooking, transfer pancake to a plate and set aside.

3 Wipe skillet clean, then heat vegetable oil over high heat. Add scallions and carrots and cook, stirring, for 30 seconds; then add peas and mushrooms and stir 1 minute. 4. Add cooked meat, sprinkle with remaining

2 Tbsp. mayonnaise, and cook, stirring and mashing it loosely, about 3 to 5 minutes. Cut reserved meat into bite-size cubes and add it to to combine. 5. If using salmon or beef, add it to mixture, and fold over mixture; let rest all ingredients for several minutes, about 2 to 3 minutes. Serve immediately.

VEGETARIAN APPETIZERS **VEGETARIAN VALU**
PICKLED BEET CALDOSA (BIO CHOCOLATE)
120 PROTEIN: 19g FAT: 10g CARBOHYDRATE: 30g
CHOLESTEROL: 0mg SODIUM: 10 mg
MILANO APPETIZER (BIO CHOCOLATE)
BUTTERY BEAN PASTA (BIO CARROTA)
MAYONNAISE AND PARMESAN CHEESE (BIO)
TOMATO, OLIVE, MUSHROOM (BIO)
BEEF JERKY (BIO)
LICORICE BARS (BIO)
CHEESE: 100 CALORIES: 100g CARBOHYDRATE: 20g
PROTEIN: 20g FAT: 10g CHOCOLATE: 100g CARBOHYDRATE: 10g
PROTEIN: 10g FAT: 10g

 **BEER MINT SPRIG**, *Baileys Minty Beer*.
Candy will keep your palate fresh when served alongside the Asian lettuce.

SHEPHERD'S PIE

SERVES 8

ACTIVE TIME: 40 MINUTES

ACTIVE TIME: HADDOCK: 40 MINUTES

ACTIVE TIME: LAMB: 30 MINUTES

TOTAL TIME: 1 HOUR, 30 MINUTES (INCLUDES 20 MINUTES)

PREPARATION

This classic Shepherd's Pie recipe can be vegetarians or made with lamb or haddock. Recipe may be doubled and may be frozen.

Meatless Potato Topping

- 2 lb. russet (not potatoes) bacon = bacon pieces and 1/2 lb. (1/2 quarts)
- 2 Tbsp. unsalted butter
- 1/2 cup onions
- 1/2 cup carrots
- 1/2 cup yellow bell peppers
- 1/2 cup green bell peppers (optional)

Vegetable Bacon Layer

- 4 tsp. olive oil, divided
- 1 red bell pepper sliced
- 1 yellow bell pepper sliced
- 2 small zucchini sliced
- 1 cup julienne carrots
- 1/2 cup scallions
- 1/2 cup, freshly ground black pepper

10. VEGGIE PIZZA, 100 CALORIES

Vegetarian pizza is almost here but can never offend those in different groups.

Vegetarian pizza offers many options, including meat, poultry and seafood as well as eggs, dairy products, and other animal-derived ingredients, like butter.

Vegetarian pizza offers many toppings, do not eat meat, poultry, or seafood, but they can consume eggs and dairy products. Most of the estimated 4.2 million vegetarians (10%) in the United States fall into this category.

Pizza toppings will not eat meat.

Plant-based items of the following growing dietary preferences in the United States, include vegetarians who do not eat meat, as well as meat-eaters who frequently eat very vegetarian meals.

- 1 medium onion, sliced
- 1 large zucchini, quartered
- 1 cup low-sodium vegetable broth
- 1/2 cup dried breaded mushrooms
- 2 lbs. (16 oz.) frozen green beans, thawed

Optional Lentil Layer

- 1 Tbsp. olive oil
- 1 lb. green lentils
- 1/2 lb. mushrooms, chopped
- 1/2 cup garlic, minced
- 1/2 cup onion, cut
- 1/2 tsp. freshly ground black pepper
- 1/2 cup chopped parsley

Optional Haddock Layer

- 1 lb. fresh haddock fillets, cut into 1-inch-wide strips
- 1/2 cup prepared horseradish Pepper Fluff

1 Spray a 9 by 13-inch pan with vegetable cooking spray and set aside. Preheat oven to 400°F.

- 2 Prepare mashed potato topping. Place potatoes in a large pot and cover with cold water. Bring to a boil; lower heat to medium and cook for 15 minutes, or until potatoes are tender when poked with a fork. Drain potatoes, return them to the pot, and add butter, mashing potatoes until butter melts. Add milk, salt, and pepper and mash until almost smooth but lumpy.
- 3 While potatoes cook, prepare vegetable base layer. Heat 2 cups of the oil in a large nonstick skillet over medium-high heat. Add red and yellow bell peppers, onions, and carrots. Sautee, stirring frequently until vegetables soften and begin to turn golden, 8 to 10 minutes. Season vegetables with salt and pepper; remove from skillet and set aside.
- 4 Heat remaining 3 cups oil in same skillet over medium-high heat in a large nonstick skillet. When oil is hot, add lentils, shallots, garlic, salt, pepper, and parsley. Cook, stirring occasionally, until lentils are no longer pink, 10 to 12 minutes. Place lentils and any cooking juices in bottom of prepared pan. Place reserved vegetables on top of lentils.

over medium, high heat. Add onions and saute, stirring frequently until onions soften, and begin to color, about 5 to 6 minutes. Add potatoes and stir briefly about 30 seconds. Add broth, raise heat to high, and cook for 2 minutes, scraping bottom of skillet so onions caramelize well coated with liquid. Add wet dried mushrooms and return with their liquid. Lower heat to medium-high and continue to simmer mushrooms slightly, 7 to 8 minutes. Return sauteed vegetables to pan and combine all cooking lentils or haddock mixture, set aside vegetables. If making vegetarian version, transfer vegetables to prepared pan.

- 5 Optional: Preheat broiler or haddock layer. To prepare lentil base layer, cover medium-high heat in a large nonstick skillet. When oil is hot, add lentils, shallots, garlic, salt, pepper, and parsley. Cook, stirring occasionally, until lentils are no longer pink, 10 to 12 minutes. Place lentils and any cooking juices in bottom of prepared pan. Place reserved vegetables on top of lentils. To prepare haddock, place haddock strips over prepared pan. Sprinkle with rub and set aside. Place reserved vegetables on fish.
- 6 Top vegetables with reserved mashed potatoes and smooth the surface. Sprinkle top with horseradish cheese if desired. Take out pan if heated through and cover a baking sheet with aluminum foil. Bake at 400°F for 10 to 12 minutes. Remove from oven, cover with foil, and let rest 14 to 15 minutes before serving.

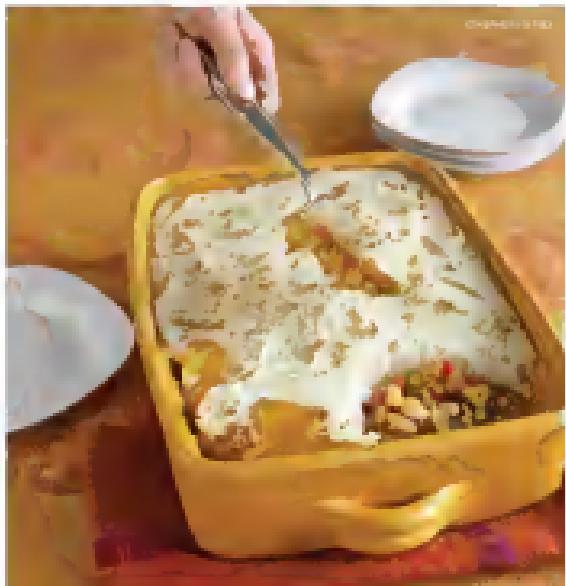
VEGETARIAN INFORMATION: Nutritional values per serving: 540 calories, 29 g protein, 10 g carbohydrates, 30 g fiber, 30 g total fat (10 g saturated), 10 mg cholesterol, 1,000 mg sodium, 100 mg calcium, 100 mg phosphorus, 100 mg potassium.

LIGHT-APPETIZING INFORMATION: Values per serving: 490 calories, 26 g protein, 10 g carbohydrates, 30 g fiber, 25 g total fat (10 g saturated), 10 mg cholesterol, 1,000 mg sodium, 100 mg calcium, 100 mg phosphorus, 100 mg potassium.

HADDOCK INFORMATION: Nutritional values per serving: 540 calories, 29 g protein, 10 g carbohydrates, 30 g fiber, 30 g total fat (10 g saturated), 10 mg cholesterol, 1,000 mg sodium, 100 mg calcium, 100 mg phosphorus, 100 mg potassium.

WINE INFORMATION: Choose from Chardonnay, dry white, or apple Riesling for this classic comfort dish.

Beverly Holloway is a freelance writer based in Greenwich, Mass.



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by Claude Poussard
photograph by Francisco Favela



the proof is in the pudding cakes

become a kitchen magician
with these *caçáy* desserts

A *pudding cake* is a culinary trick: it's a cake! It's pudding! These desserts consist of a moist cake, accompanied by a luscious, gravy-like sauce. The cakes are but not goopy, and the sauce is welcome alternative to frosting. The best part is how simple these can be to whip up, and the best part is that it looks as if you've mixed just as well.

The secret to success is to start off with a good quality cake mix. You can use a regular cake mix, or even a cake mix designed to make cupcakes. You pour the mix into a pan, will often pour hot

water over the top. As the cake bakes, it creates its own sauce. Other versions, including Matcha Brownie and Maple Rum, are simple enough that they can be made with ingredients found in most pantries.

The oven's wonderful alchemy thickens the liquid and bakes the cake, making not a gravy but a moist cake with a thick, deliciously no-melt-in-your-mouth texture. The addition of sugar or thickeners, such as cornstarch, adding some liquid makes a great firm, cakey, adding more flavor to the sauce.

The corn bread can be flavored to accompany the chili ingredients—green chilies, sauteed onions and peppers, or beans, corn, and tomatoes. For a more traditional flavor, add bacon or ham.

All three casseroles cook quickly and amazingly good when served warm from the oven. The leftovers of these are very good served with a cold slice of milk bread.

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A little bit bitter and plenty creamy...coffee and chocolate are an inspired combination that will please almost everyone of all ages. Serve with a scoop of coffee or vanilla ice cream and you've got an instant New England dessert. Guten essen für Ihnen.

10

- 1 cup all-purpose flour
- 1 cup unsweetened cocoa powder
- ½ cup baking powder
- ½ cup oil
- 3 eggs
- 1 cup sugar
- ½ cup (1/2 stick) unsalted butter melted and cooled
- ½ cup milk
- 1 tsp vanilla
- cup brown sugar

10

1. Single expression promoter

ANSWER

Highly anticipated new coffee oil varieties

1. Pat the meat to 150°F Spray a 6-cup-muffin pan with vegetable cooking spray.
2. In a medium bowl mix together flour, cornstarch, baking powder, and salt and set aside.



3. In a large bowl, whisk together eggs, sugar, and butter until smooth. Whisk in milk and vanilla. Add dry ingredients, and mix a wooden spoon to mix thoroughly until moist and smooth.

4. Pour batter onto pan and smooth the surface. Sprinkle top with brown sugar. Make the glaze. Combine espresso powder and boiling water and pour it over batter. It will look watery but don't worry — sugar will

**B- Rake at 30°TF for 20m-30 minutes, until soil has more air and no firm at the touch.
With power tool digging around edges of plot.
A rootstock inserted in the corner should
remain out there. Cover in a wire mesh for 3
months, and remove when leaves come**

Top with whipped cream or top with a
dash of chocolate.

APPENDIX: NUTRITIONAL VALUES FOR A SERVING OF
TOMATOES. THE CARBOHYDRATE TO PROTEIN
RATIO IS CALCULATED FROM CHOLESTEROL,
SODIUM AND CALCIUM.

WILFRED WOODWARD

100-101

ACTIVE FIELD POSITIONING

*Maple syrup is graded based on very
few degrees of light and dark amber. Pen
is below the deep maple flavor of Grade B.*

comes through more convincingly than the flow of letters under each row of boxes.

四三

1

• new game engine system
• new, more efficient build
• new building system

Document 10

100

[View Details](#)

1. Preheat oven to 350°F. Spray a 9x13-inch casserole pan with vegetable cooking spray.
2. In a medium bowl, mix together flour, baking powder and salt and set aside. In a glass measuring cup, mix milk, vanilla and eggs or two beaten whole eggs.
3. In a large mixing bowl, use an electric mixer on medium-high speed to beat

[ПРАВИТЕЛЬСТВО ГАНДЫ](#)

Invert the batter and eggs until smooth about 2 minutes. Add egg and maple syrup and mix until thick and smooth.

- Add half the flour mixture to the batter mixture and mix on low speed until well blended. Add milk and mix on. Add remaining flour and mix on low speed until smooth, about 2 minutes.
- Pour batter into prepared pan. Bake the cake. For maple syrup and cream or even coconut cake frosting, water boil pour it over batter. It will look watery but don't worry - sugar will happen on the oven.
- Bake at 350°F for 20 to 25 minutes until a toothpick inserted in the center should come out clean. Cool on a wire rack.

by a low-pressure and very warm flow past capped mid-elevations, the result is enhanced snowfall, if desired.

**APPENDIX A: METACOGNITIVE VARIANCE PER SUBJECT
AND CLASSES INTO DISCRIMINABILITY AND PREDICTION
BY PFT AND INTEGRATED MEMO CHECKLISTS.**

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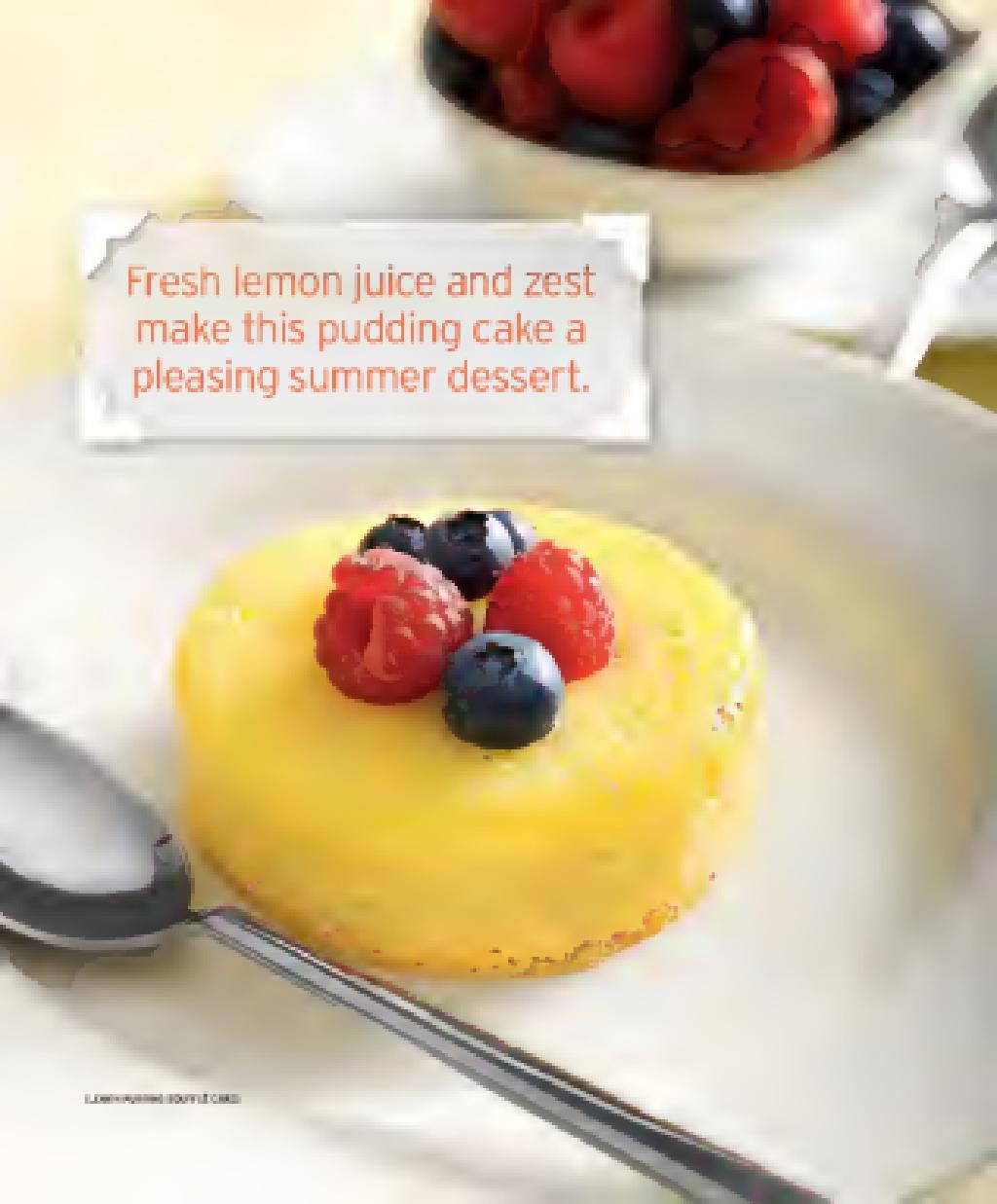
10

2020-2021

Page 1

Scouch whisky gives this barley-cassaway cake a delicious taste of Scotch. (1 cup oil)





Fresh lemon juice and zest make this pudding cake a pleasing summer dessert.

or how can one suddenly add a lot more flavor? Make sure to let the cake cool slightly before serving, so the warm cake doesn't "taste" mayonnaise.

Cake

- ¾ cup all-purpose flour
- ½ tsp baking powder
- ½ tsp salt
- ½ cup (1/8-cup) unsalted butter, softened
- ½ cup dark brown sugar
- 1 egg
- ½ tsp vanilla
- ½ cup Dutch whipping cream
- ½ cup water

Brownies

- ½ cup dark brown sugar
- 1 cup unsalted butter
- ½ cup flour
- ½ tsp vanilla
- ½ cup Dutch whipping cream
- ½ cup boiling water

Sifted Whipped Cream

Whipped cream or vanilla ice cream

- 1 Preheat oven to 350°F. Spray a large square pan with nonstick vegetable cooking spray.
- 2 In a medium bowl, mix together flour, baking powder, and salt and set aside.
- 3 In a large mixing bowl, use an electric mixer to mix until high speed to beat together butter and sugar until creamy, about 3 minutes. Add eggs, vanilla, and whipping cream and continue.
- 4 Add half the flour mixture to the butter mixture and mix on low just until incorporated. Add milk and mix on high mixing flour and sugar on low speed until smooth, about 3 minutes. Pour batter into pan.
- 5 Make sauce. In a glass measuring cup combine brown sugar, butter, cream, vanilla extract, and boiling water. Set aside to cool until smooth. This part is overdone. It will look watery, but don't worry — magic will happen in the oven.
- 6 Bake at 350°F for 25 to 30 minutes until surface appears lightly browned; cake is firm to the touch and center is bubbly.

LEMON PUDDING CAKE

Take an empty pie dish, line it with foil, and prepare the cake. Preheat oven to 350°F. Line the pie dish with parchment paper. Place the cake in the pie dish and pour the lemon juice over the top. Let sit for 10 minutes.

- **Lemon Pudding Cake** (pg. 196) and ½ cup lemon juice over the top.
- **Triple-Cream Muffins** (pg. 196) removed from muffin tins. ½ cup lemon juice over the top.
- **Chocolate Muffins** (pg. 196) removed from muffin tins. ½ cup lemon juice over the top.
- **Basic Chocolate Mousse** (pg. 196) and ½ cup lemon juice over the top.
- **Vanilla Bean Pudding** (pg. 196) and ½ cup hot black tea. 2 Tbsp heavy cream, orange liqueur, and ½ cup lemon juice over the top.

second edges. A toothpick inserted in the center should come out clean. Cool on a wire rack for about 1 minute to allow excess to thicken. Serve warm from pan. Top with whipped cream or ice cream if desired.

UNCOOKED SWEETNESS: Values are estimated for standard and recommended alternative ingredients. See Glossary for definitions.

LEMON PUDDING-SCUFFLED CAKE

MAKES 12 SERVINGS
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 60 MINUTES

Unfold our often-pudding values. This cake features a sugar bath that keeps a tender and soufflé-like texture as liquid is poured over the top. For a plumping press-in action, bake in individual-size muffin tins rather than a pan. (See step by step.)

- ¾ cup sugar
- ½ cup all-purpose flour
- ½ tsp salt
- ½ cup unsalted butter
- 1 egg
- ½ cup Dutch whipping cream
- ½ cup boiling water

Orange-Banana

Fresh orange juice or juice concentrate

- 1 Preheat oven to 350°F. Spray a 9-inch square pan with vegetable cooking spray and place it on a larger baking sheet.
- 2 Combine sugar, flour, salt, and lemon juice on a large mixing board and cut in butter until crumbly and evenly distributed. Set aside and mix yellow and white until thoroughly combined.
- 3 In a separate bowl, use an electric mixer on medium-high to beat egg whites until stiff but not dry about 3 minutes. Fold egg whites gently into batter along with lemon juice. (Batter should be light and fluffy.)
- 4 Pour batter into prepared square pan. Carefully pour hot water onto larger pan containing baking sheet and let stand about 15 seconds on each upturned side of the baking sheet. Bake at 350°F for 30 minutes until top is set and sponge back when touched, and cake is lightly golden around edges. Let cool for 5 minutes. Serve warm from pan. Top with fresh berries, if desired.

UNCOOKED SWEETNESS: Values are estimated for standard and recommended alternative ingredients. See Glossary for definitions.

PERFECTED FOAM: Mousse developer Claudia Kressel likes all sorts of subjects Maryland Kitchen

Eating for Energy

Choose foods with staying power to fuel up for your busy day

BY LOUISE PLATO WITH KATHY BRECHER, RD

Monday morning, you wake up and head out the door, stopping or grabbing a bagel, muffin or doughnut. Or worse, you sleep blankets all together. Only a few hours later, you can feel your energy level tanking in time for you either "power through" and skip eating, or reach for anything nearby — coffee, soda, another whatever. And so the day progresses on an energy roller coaster (or straight downhill) that ends up with no much energy but ended up exhausted. What happened?

Our body's output of energy depends directly on the quality of what we put in it. Food after all is fuel. So what's the best fuel to keep your physical and mental energy on top form?

What you eat should release energy slowly over time rather than in one quick burst. Carbohydrates — glucose — are your body's source of energy but you don't want to grab just any carb. Focus on picking complex carbohydrates, whole grain breads, beans, or starchy vegetables. Complex carbs are processed slowly, releasing their energy evenly over time. Simple carbohydrates like breads like banana and flour offer a beautiful way to get a jump start before the energy of complex carbohydrates. When you don't want to sacrifice any refined carbohydrates — like the doughnut or sugary muffin — then give your body a burst of energy by end up leaving you lower than when you started. Processed grains like white rice are also poor choices because they've been stripped of many of their nutrients and almost all their fiber.

Energy-giving foods are those that pack well. Fibrous foods are a good start. Fruits and vegetables contain fiber that aids both and helps slow the rate at which food energy is used by the body. Consuming low-fat protein

like fish, eggs, chicken or nuts is just as important. Protein that meat to digest and help regulate the release of energy. Adding a tablespoon of peanut butter to your whole wheat toast will give you more sustained energy than just those

100s you picked the night before. Now what?

For breakfast, everything you eat about breakfast being the most important meal of the day is true. After 8 or more hours of sleep, you need to replenish your body's energy stores. Studies have shown that breakfast eaters tend to live more

strength and endurance, and better concentration and problem solving abilities. These studies also show that people who skip breakfast often feel tired, irritable, or restless in the morning.

Break frequently, ideally every three to four hours. If you wait to make food choices until you're desperately hungry you're more likely to make poor decisions and give in to sweet, short-lived energy foods. Don't skip lunch as an hour or two will give you a jump start if you need one. Healthy snacking is another great idea to help keep your blood sugar and energy levels steady. Good snacks



up) is our Whole Grain Pecan and Nut Energy Bars, which include complex carbohydrates, simple sugars, fiber and protein.

Try our recipe for an energizing breakfast, lunch or snack to get you started. If you remember to make balanced food choices and refuel frequently and healthily you'll be able to get up and go—throughout the day.

EGGPLANT AND CHICKEN WITH HONEY AND LEMON DRESSING

SERVINGS 4

ACTIVE TIME: 15 MINUTES
TOTAL TIME: 25 MINUTES

Eggs are a great "body builder" with many powers and healthy foods are perfect for enhancing their flavor. Make sure the shells are fully pasteurized when you add the eggs.

- 1 1/2 pounds eggplant
- 2 1/2 cups honey
- 1/2 cup lemon juice (diluted)
- 8 eggs
- 1/2 cup whole-wheat flour
- 1/2 cup low-sodium chicken broth
- 1/2 cup oil
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup chopped onions, unpeeled
- 1/2 cup chopped fresh mint leaves or 1/4 cup dried
- 1/2 cup chopped parsley
- 1/4 cup olive oil

1. Halve and section grapefruit; set each half in a bowl. Drizzle each half with 1/4 cup honey and sprinkle with a pinch of mint and a dash of cayenne. Set aside.

2. Whisk together eggs, egg whites, diluted chicken broth, pepper, 1/4 cup of the cheese, mayonnaise and garlic in a large bowl until ingredients are thoroughly mixed and eggs are just shy of being set.

3. Heat 1/4 cup of the oil in a small nonstick skillet over medium-high heat. Pour about 1/4 cup of the egg mixture into skillet. Cook about 4 minutes, lifting edges of omelet with a rubber spatula to allow uncooked egg to run underneath, until eggs are barely set.

4. Make another omelet using a clean plate



EGGPLANT AND CHICKEN WITH HONEY AND LEMON DRESSING

then flip it over half on top, making a half-moon shape. Cover prepared omelet with foil. Repeat steps 1 to make 4 more omelets. Gently combine with remaining 1/4 cup cheese and serve immediately with grapefruit on the side.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (1 OZ. EACH OMELET, 1/4 CUP HONEY AND 1/4 CUP MAYONNAISE, 1/4 CUP CHEESE, 1/4 CUP FRUIT)

CHEESE AND SPINACH SALAD WITH HONEY

SERVINGS 4

ACTIVE TIME: 15 MINUTES
TOTAL TIME: 15 MINUTES

This salad offers a brightly flavored lunch-

time package of whole grains, fiber-rich whole leaves, and colorful peppers. For a vegetarian pasta salad, substitute 1 (12 oz.) box raw pasta and drained chickpeas. If the salad seems a bit dry after a couple days in the refrigerator, add a squirt of lemon juice to refresh it.

- 1/2 lb. whole wheat penne or old pasta
- 2 1/2 cups whole-wheat flour
- 1/2 cup whole-wheat flour
- 1/2 cup oil
- 1/2 cup, salt
- 1/2 cup, freshly ground black pepper
- 2 Tbsp. fresh lemon juice or 2 tsp. dried
- 1/2 cup dill weed
- 1/2 lb. cooked "bacon of inspiration" (baconless chicken breast), cut into 1/4-inch cubes
- 1/2 cup (1/2 oz.) shredded cheddar cheese, divided (about 1/2 cup)

L I Q U I D F U E L

When you're tired, your instinct may be to grab a cup of coffee or a soda for a quick caffeine fix, but caffeine can actually interfere with water retention. Reach for a glass of water instead; it makes up 60 percent of your body weight, and every system in your body needs it to function properly. Dehydration can lead to lower energy levels. So next time you need to refuel, switch from a tall glass of H₂O.

3. On-baked pan, remove all pasta and arms from oven and 1/2 inch apart.
4. Sprinkle bell pepper and Mozzarella pieces.
5. Add bell pepper and Mozzarella pieces.
6. Top each lasagna piece.

7. In a large pot, bring 6 gallons water to a boil over high heat. When water boils, spoon in 4 lasagna rolls, then add pasta in, stir, let pasta boil, and cook for about 12 to 15 minutes, stirring once or twice, until just tender or al dente. Drain pasta well and cool water, and place in a large bowl.

8. While pasta is cooking, coat pizza pan in a dry skillet over medium-high heat, stirring occasionally to prevent burning, about 1 to 2 minutes. Set aside.

9. In a small bowl, combine mozzarella, basil, pepper, and basil pesto. Gradually whisk in olive oil. Spoon over pasta, then add chicken, mushrooms, beans of pasta, and green and red bell pepper. Add basil pesto and reserved pesto sauce, and toss to combine well. Refrigerate at least 1 hour before serving to allow flavors to meld. Store in an airtight container at refrigerator for up to three days. Serve chilled or at room temperature.

ANITA'S KITCHEN TIPS: PASTA: If you prefer to cook children who are picky eaters, try pasta with low-fat yogurt and/or cheddar cheese.

WHOLE GRAIN FRUIT AND NUT ENERGY BARS

MAKES 12 BARS

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 15 MINUTES (INCLUDES COOKING TIME)

These bars bring together the protein of nuts, the fiber of dried fruit, and a great energy boost from honey.

1. In a large bowl, combine whole-grain oats, dried fruit, nuts, and almonds.
2. In a separate bowl, mix melted sunflower seeds, honey, and coconut flour.
3. Mix all ingredients together.
4. Press mixture into a greased 8x8-in. square pan.
5. Cut into 12 bars.

6. Sprinkles finely chopped dried apricots.
7. Sprinkle granola.
8. Sprinkle honey.
9. Sprinkle a small handful of peanut butter.

10. Preheat oven to 350°F. Coat an 8-by-8-inch baking pan with vegetable cooking spray.
11. In a large bowl, mix (by hand), one cup almond, sunflower seeds, sunflower seed powder, dates, applesauce, and cinnamon. Set aside.
12. Combine honey and peanut butter in a small, heavy-bottomed saucepan. Heat over medium-low heat, whisking constantly for about 5 minutes, until mixture is liquified and very runny. Using a rubber spatula, immediately pour and scrape hot peanut butter mixture over cereal mixture. Stir until thoroughly mixed, breaking up clumps of flour and nuts as necessary.
13. Spread mixture to prepare pan and distribute evenly. Baking a piece of waxed paper down over mixture with your hand to compact it. Bake at 350°F for 10 to 12 minutes, or until top is just beginning to brown. Set pan on wire rack and cool completely about 2 hours. Once cool, cut into 12 rectangular bars by dividing pan into 3 rows by 4 columns. Store in resealable bag in a single container for up to four days.

SMART SNACKS

Here are some quick and healthy snack options that provide a combination of carbohydrates for energy and protein for staying power:

- Honey-on-apple with peanut butter
- Whole-wheat crackers with hummus
- Trail mix with protein-rich ingredients like nuts, seeds, whole-grain cereal, and dried fruit
- Cottage cheese with fruit toppings
- A slice of reduced-fat cheese on top of whole-grain English muffin

cool completely about 2 hours. Once cool, cut into 12 rectangular bars by dividing pan into 3 rows by 4 columns. Store in resealable bag in a single container for up to four days.

APPROXIMATE NUTRITION INFORMATION PER SERVING (ONE BAR): 210 CALORIES; 10 G PROTEIN; 4 G SAT FAT; 10 G TOTAL FAT; 10 MG CHOLESTEROL; 100 MG SODIUM; 100 MM.

PHOTO COURTESY OF FRUIT & NUT COMPANY





Fat: Not All Created Equal



Years of the no-fat and low-fat craze have left fat with a bad reputation. However, keep in mind that all fat is not the same. There are healthy fats and there are unhealthy fats. The key is to know the difference, because having healthy fats in your diet is important to your overall health.

How good fats in foods like:

- Salmon such as salmon, tuna, and mackerel
- Nuts such as pecans, walnuts, almonds, and cashews
- Avocados
- Flaxseed and Flaxseed oil
- Canola, corn, olive, soy, safflower, and sunflower oils

The benefits of having 10 to 30 percent of your daily calories come from these fats are well-documented. For infants, healthy fats help with brain development and vision. For adults, good fats help make your heart healthier, keep you looking young, and your smile bright. Healthy fats have been shown to reduce even severe depressive symptoms.

The not-so-good fats:

- Saturated or hydrogenated animal products such as meat, dairy, and eggs but also in some plant foods such as coconut oil and palm oil
- Trans fats are unsaturated fats often added to processed foods to extend shelf life; they are found commonly in fried foods, margarine, and vegetable shortening

To reduce the amount of bad fats in your diet, begin by cutting back like *Cooking Smart Fats at Home* (I had item #3 on *5 Cooking Stars* from one of the best lists of the year). The goal: healthy cooking!

Wok This Way

This wok is specially designed for cooking over the open flame, but need not be limited to open-flame cooking methods and gas ranges. This versatile wok can be used for steaming, braising, stir-frying, deep-frying, or baking. The advantages of using a wok for stir-frying include: (1) it is three times faster than a conventional wok; (2) it uses less oil; (3) it uses less heat; (4) it uses less water.



A New Approach to the Stir-Fry Dinner

By Julie Hession

Photographs by Francesco Tonelli

Kung Pao Chicken, Xu chuan Beef and Broccoli, Shrimp Fried Rice. When we hear the term stir-fry, Chinese dishes like these come to mind. While this cooking technique was first introduced into American culture in the 1940s by Chinese cookbook author and chef Bassin Yang Chau (*How to Cook and Eat in Chinese*), stir-frying itself is a method that can be employed to almost any type of cuisine, and is particularly suited to today's fast-paced lifestyles. From vegetarian Moroccan stews to Mexican shrimp soufflés, inspiration for a fast, fresh, and flavorful stir-fry meal can come from all four corners of the world.

Stir-frying, so called because of the simultaneous stirring and frying of ingredients, is one of the most basic and calorie-cutting ways to prepare a healthy and delicious meal in minutes. Cooking food quickly at high heat is the key to an authentic stir-fry. That method allows meat to stay juicy and vegetables to retain their vibrant colors, crisp texture, and nutritional value.

An extended Chinese spatula called a chaka is the tool commonly used for stir-frying, as it keeps the cook hand safely distant from the hot wok. A standard long-handled, heat-resistant silicone spatula or a wooden spoon are easily accessible substitutes. Several bowls of different sizes for storing prepped ingredients, a sharp knife, and a sturdy cutting board are other tools that will help make your stir-frying a snap.

Photo © Francesco Tonelli; Styling: Julie Hession; Prop Styling: Jennifer Sauer

Because stir-frying happens quickly, it's important that all ingredients are washed and ready before cooking begins. Uniformly chopped vegetables and meats, along with spices, liquids, and oils, should be measured in advance and measured when needed. Ingredients are added to the wok based on ideal cooking times. Some, such as meats, are cooked early in the process, removed from the wok to drain on paper towels, and then returned to the wok for the final few minutes of stir-frying. Others, such as vegetables, are slowly added according to size. Liquid seasonings and thickeners such as cornstarch are tossed with the mixture to avoid clumps.

The stir-fry method can serve as a basic canvas for any type of cuisine. Whether you opt for Chinese, Indian, Mexican, or Mexican-style, easy and exciting stir-fries can be part of your regular mealnight menu.

SPICE-SPICED CHICKEN AND CASHEW STIR-FRY

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 35 MINUTES

This version includes the characteristic taste of five-spice powder, a blend of cloves, fennel, cinnamon sticks, and Szechuan peppercorns.

- 1. **1** Teaspoon oil
- 2. **1/2** Teaspoon of five-spice powder
- 3. **1** Teaspoon chicken
- 4. **1/2** Teaspoon salt
- 5. **1/2** Teaspoon ground black pepper
- 6. **1/2** Teaspoon ground white pepper
- 7. **1** Teaspoon soy sauce
- 8. **1** Teaspoon rice wine
- 9. **1** Teaspoon fresh ginger, julienned
- 10. **1/2** Teaspoon bell pepper, julienned
- 11. **1/2** Teaspoon green onions, sliced
- 12. **1** Teaspoon low-sodium chicken broth
- 13. **1** Teaspoon sherry
- 14. **1** Teaspoon cornstarch
- 15. **1** Teaspoon sugar
- 16. **1/2** Cup Chinese five-spice powder
- 17. **1** Teaspoon red pepper

- 18. **1** Cup raw cashews
- 19. **1** Teaspoon oil (plus 1/2 cup more for stir-frying)
- 20. **1** Teaspoon, dried basil (for garnish) (optional)

1. Heat oil in a large nonstick skillet or wok over medium-high heat. Season chicken with salt and pepper and add to skillet. Stir-fry chicken until browned on all sides and just cooked through, about 6 minutes. Transfer to a plate and cover to keep warm.
2. Add onions, garlic, and ginger to skillet and cook for 2 to 3 minutes until softened.
3. Add bell pepper and green onions to skillet and stir for 3 to 4 minutes more until vegetables are crisp-tender.
4. In a small bowl, whisk together soy sauce, basil, sherry, cornstarch, sugar, five-spice powder, and crushed red pepper. Add the mixture to skillet; reduce heat and simmer, stirring frequently until sauce has thickened, 2 minutes.
5. Return chicken to skillet, along with any juices that have accumulated on plate, and stir to mix. Set in wok.
6. Cook rice or macaroni according to instructions on package.
7. Serve stir-fry over prepared rice and garnish with cashews, if desired.

APPROXIMATELY PER SERVING: CALORIES 400; PROTEIN 26G; CARBOHYDRATE 49G; FAT 15G; FIBER 10G; CHOLESTEROL 100MG; SODIUM 1,000MG. SOURCE: KAREN KASPER



Want more flavor? Try Karen Kasper's French-Style Roast Beef, with its sweet green-apple flavor.

LEARNING TO WOK

Woks can be used for more than stir-frying. Try these recipes to add a little heat to your life.

1. This simple side and large roaster make a nice meal for feeding a family-style crowd.
2. Let it do the work for you! It's easy to keep healthy when using your best, freshest fruits.
3. Savory yet sweet, this healthy breakfast meal has quickly becoming both a meal and a favorite of my young children and teenagers.
4. Get rid of your单调的 meals by giving a twist to the seafood staples with unexpected choices, cheeses, vegetables, and spices, while the meat adds the other ingredients can be cooked in the wok.
5. If you're in the mood for something more savory, this delicious, creamy, and aromatic dinner will satisfy your taste buds.

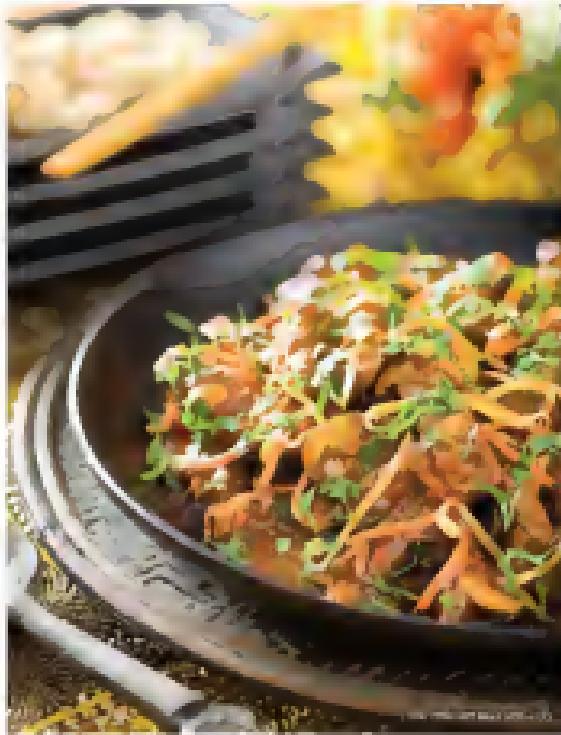
THAI COCONUT BEEF STIR-FRY

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 30 MINUTES

Sweet and creamy light coconut milk mellows the spicy red curry paste of this dish. Recipe may be halved.

- 1. **1** Teaspoon rice vinegar
- 2. **1** Teaspoon lime juice
- 3. **1** Teaspoon light brown sugar packet
- 4. **1/2** Teaspoon curry paste
- 5. **1/2** Teaspoon Angostura Bitters
- 6. **1** Teaspoon oil (optional)
- 7. **1** Can (14 oz.) sweetened coconut milk (available at the Produce Department)
- 8. **1** Cup white rice
- 9. **1** Teaspoon oil (optional)
- 10. **1** Teaspoon lime juice
- 11. **1** Teaspoon light brown sugar
- 12. **1** Teaspoon rice vinegar
- 13. **1** Teaspoon soy sauce
- 14. **1** Teaspoon lime juice (from lime in the International aisle)
- 15. **1** Teaspoon salt
- 16. **1** Cup Chinese bean sprouts
- 17. **1** Can (14 oz.) microwaveable bamboo shoots
- 18. **1** Large head napa cabbage (optional)
- 19. **1** Large wok
- 20. **1** Teaspoon lime juice
- 21. **1** Teaspoon sugar
- 22. **1** Teaspoon red pepper
- 23. **1** Teaspoon dried basil (optional)
- 24. **1** Teaspoon oil (plus 1/2 cup more for stir-frying)
- 25. **1** Teaspoon, dried basil (for garnish) (optional)

1. In a large wokable platter, lay rice together with vinegar, lime juice, sugar, and curry paste. Add beef to bag and mix. Marinate for 10 minutes, stirring occasionally.
2. While beef marinates, heat 1/4 cup of oil in a large, nonstick skillet or wok over medium-high heat. Add onions and carrots and stir-fry for 2 minutes. Add mushrooms and stir-fry for 3 minutes more. Transfer vegetables to a plate.



- Add remaining 1 Tbsp. oil to pan. Remove beef from heat; reserving marinade. Add beef to pan and sauté for 3 to 4 minutes, until uniformly browned. Add vegetables and reserved marinade and sauté for 1 minute, stirring just to loosen any browned bits.
- Add onion, garlic, fish sauce, and water to pan and bring to a boil. Reduce heat, return meat to pan, and simmer for 2 minutes. Set aside.
- While meat simmers, cook rice as directed, using remaining 1/4 cup rice vinegar, 1/4 cup water, and 1/4 cup oil.

- Divide prepared rice among four plates. Top with meat mixture, spooned with a large dollop of sriracha, and serve hot.

APPROXIMATELY 4 SERVINGS PER PLATE: CALORIES: 360; CARBOHYDRATES: 66g; PROTEIN: 26g; FAT: 14g; CHOLESTEROL: 100mg; SODIUM: 400mg.



WINE PAIRING: Mendoza Pinot Noir; pinot noir, chardonnay, and pinot gris go well with this dish, or try

MEXICAN CHIPOTLE SHRIMP STEW-PY

SERVES 6

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

Chipotles are smoked jalapeño chiles that add vibrancy, heat, to the diverse collection of spices in this recipe. Recipe may be halved.

- 1/2 cup canola oil, divided
- 16 large peeled and deveined shrimp, tails removed
- 1 dried ancho chile (available in the Produce department)
- 2 tsp. red chile powder
- 1 red bell pepper cut into thin strips
- 1 green bell pepper cut into thin strips
- 1/2 cup sliced onions
- 1/2 cup cilantro sprigs
- 1/4 cup ground cumin
- 2 Tbsp. chipotle canned chile adobo sauce (found in the International aisle)
- 1 Tbsp. lime juice
- 1 cup low-sodium chicken broth
- 1/2 cup canned diced tomatoes
- 1/2 tsp. salt
- 1/2 lb. long-grain basmati rice, rinsed and drained
- 1/2 lb. fresh corn tortillas
- 1 cup shredded Monterey Jack cheese
Lettuce leaves, sliced, and shredded fresh cilantro for garnish (optional)

- In a large nonstick skillet or wok, heat 2 Tbsp. of the oil over medium-high heat. Add shrimp and cook for 2 minutes, or until partially cooked. Remove shrimp from pan to a plate and set aside.
- Add remaining 1 Tbsp. oil to same skillet. Add onion and garlic and sauté over medium-high heat for 6 minutes, until softened. Add red and green bell peppers and sauté for 3 minutes, or until crisp-tender.
- Add cumin, cayenne, chipotle, and jalapeño chiles to skillet and sauté for 1 minute. Sprinkle flour over mixture and stir for 30 seconds, until well incorporated.
- Six in broth, tomatoes, and salt and bring mixture to a boil. Reduce heat and simmer, uncovered, for 5 minutes or until slightly thickened.
- Add beans and bring back to a simmer. Return shrimp to skillet and heat until



Moroccan Vegetable Stir Fry with Chickpeas

cooked through, stirring frequently for 2 to 3 minutes.

4. While stir-fry cooks, warm tortilla in microwave, covered with a damp cloth, for 1 minute. Serve hot by itself or in a large serving bowl with warm corn tortillas and plain yogurt.

In small bowls, place shredded cheese along with sour cream and cilantro, if using.

APPETIZING HUMMUS: Warm, smooth hummus makes a delicious, no-cook meal. Just mix tahini, lemon juice, garlic, olive oil, and chickpeas in a bowl. Add pita bread or whole-grain crackers for dipping.

WINE PAIRINGS: Go for Germany's Pfeffer-Drei Riedling to complement the vibrant flavors of this dish after

MOROCCAN VEGETABLE STIR FRY WITH CHICKPEAS

SERVES 4
ACTIVE TIME: 20 MINUTES
TOTAL TIME: 20 MINUTES

The sweet flavor of butternut squash and golden raisins are complemented with spicy cumin, coriander, and warm Indian spices. A host of vegetables absorb the fragrant essence of this healthy vegetarian stir-fry. Recipe may be halved.

- 1 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1/2 cup fresh green onions (scallions) (from Fresh produce department)

- 1 Tbsp. garam masala or curry powder
- 1/2 tsp. freshly ground black pepper
- 1/2 tsp. salt
- 1/2 tsp. cayenne (optional)
- 1 lb. jicama and carrots (selected Spanish carrots in the Produce department)
- 1/2 cup low-sodium vegetable broth
- 1/2 cup canned chickpeas
- 1/2 cup water
- 1 cup shredded fresh cilantro (for garnish optional)

1. Heat oil in a large nonstick skillet or wok over medium-high heat. Add garlic and onions and cook, stirring frequently, until softened, 2 to 4 minutes.

2. Sprinkle garam masala or curry powder; black pepper; salt; and cayenne over onions and carrots. Sauté until carrots become tender, 10 to 12 minutes.

3. Meanwhile, prepare couscous. In a small saucepan, bring water to a boil; stir in couscous; remove from heat; cover and let stand for 5 minutes. Fluff with fork.

4. Add carrots and bell pepper and chickpeas to skillet. Scatter cilantro over mixture and sauté about 3 minutes.

5. Divide couscous among four serving plates. Top with stir-fried vegetables and garnish with chopped cilantro, if desired.

APPETIZING HUMMUS: Warm, smooth hummus makes a delicious, no-cook meal. Just mix tahini, lemon juice, garlic, olive oil, and chickpeas in a bowl. Add pita bread or whole-grain crackers for dipping.

WINE PAIRINGS: By Gallo Family Vineyards Sonoma Reserve Chardonnay is a perfect pairing for this dish.

John Meadow is a busy Los Angeles-based free lance food writer and food blogger.



The stir-fry method can serve as a blank canvas for any type of cuisine.



On-the-Go Meals

When time is tight, Hannaford's the place for fast, good-for-you food.



READY TO HEAT

Meat Loaf, Sweet Potatoes, and Broccoli Stem

MAIN

Hannaford Meat Loaf

Our meat loaf provides the convenience of a meal with its own hearty toppings ready. You'll find all our prepped items (Meat Loaf, in the Deli department)

SIDE

Oven-Roasted Sweet

Potatoes
Also with the prepared foods you'll find delicious oven-roasted potatoes, bacon-feta casserole and vitamin C Broccoli Stem.
Pair up a package of fresh-cut broccoli stem to produce a quick meal with a few tablespoons of light or tall tree Italian dressing.

DESSERT

Baked Pudding

The perfect end to a comforting meal is baked dessert (baked apples with rice pudding), baked peach and blueberry cobbler with vanilla ice cream or a bowl of warm plain or vanilla ice cream topped with chocolate sauce.

VARIATIONS: Try these items with Tomato-Salsa Chicken and Broccoli, for instance, or with a side of cornbread.



READY TO COOK

Salmon, Green Beans, and Crusty Bread

MAIN

Salmon filets from "Imperial" Marinated Salmon
Portions of salmon are marinated with the seeds essence of our famous marinade, ready to be quickly broiled or sautéed. Look for individual and portioned salmon and other fish in the seafood case.

SIDE

Green Beans and Carrots
Head to the produce department for pre-cut green beans and carrots. Steam and boil with (pan-roast) from the salad bar and Imperial Green Tomato Relish.

Crusty Baguettes

Skip by the bakery for two baguettes. Baguettes can also be served with a side of Imperial Green Garlic Dressing (in

DESSERT

Imperial Green Tomato Relish and Crusty Bread
For a delectable finish to the meal pair your Imperial Green Tomato Relish by the basket with either the Imperial Green Onion Mashed Potato, or our white cheddar biscuits.

VARIATION: Toss the steamed green beans with Imperial Rosemary and Fresh Pepperoni Topping Oil, and serve with the pretzel or breadsticks.



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